



Serving the greater New River Valley, Virginia

President's Message

First, I am looking forward to the opportunity to serve the Chapter in this capacity for 2015. It is comforting to know that we have a whole collection of very capable and dedicated folks who work together to make our chapter one of the most recognized in the state. And, from what I know about our officers, board members and committee chairs, they will not be shy about keeping a relatively new guy on the right path. Later in this newsletter you will see the entire list of the people who will keep the chapter running this year.

Well, this year we are very excited about some plans that have been in the works for several months. First, we have adopted a theme that will guide our programs across the year and likely beyond - *Living Well@50+*. This theme likely expresses a general goal we all have, even though we may not always actively and consciously pursue it. We would like to give this theme some explicit meaning as in, "here are some tangible things we can really do to live well within our means and capabilities."

Further, our intention is to build a significant conference around this theme—an event already planned for early Fall 2015, and described with a bit more detail in a short article authored by Pat Hyer and Don Creamer, co-chairs of the conference committee. As soon as a firm date is set we will make sure everyone has a *save-the-date* notice.

Membership growth and maintenance is also a goal we plan to pursue a bit more vigorously this year. As you may know, this and other chapters around the state were begun by a generation that grows less active with the years, and so we need to be concerned always with bringing in new folks with fresh ideas and energy. Probably one of the best ways to do this in our interconnected community is through person-to-person recruiting. This is how I was initially encouraged to join, and I know this was the case with some of our newest members. Many of us have spent our careers encouraging people to participate in various endeavors of common interest; this is something we know how to do, so let's each look around and consider inviting friends, neighbors, or colleagues to join us in serving our community.

Now, getting back to the "living well" theme, its clear by now that we're in the middle of winter. Tina King provides in this newsletter some good advice in her article on negotiating winter's challenges. Sometimes it does seem as if winter is just something to survive - *Let's hurry up and get to April when things come back to life*. On the other hand we are very fortunate here in Virginia to have four distinct seasons, and they are pretty much of equal length. As soon as we tire of one, something new is already happening out there in nature. Consider what winter offers. Sunsets are so much more vibrant without the haze of summer. The air is dense and feels fresh and clean in winter. We get to wear a whole new collection of clothes in winter. Spending time outside walking in nature is done with a new perspective - the sometimes "closed-in" feeling of the deep woods in summer is replaced with a whole new open perspective. If trees are your thing, winter is the time when the amazing architecture of leafy trees is revealed and can be appreciated. Notice how the sound of lawn mowers just disappears.

(continued on Page 2)

In This Issue...

<i>New Look for Chapter Website</i>	Page 2
<i>2015 Officers & Board Members</i>	Page 2
<i>Tips on Thriving During Winter</i>	Page 3
<i>2014 Holiday Luncheon</i>	Page 4
<i>Living Well: Chapter Program Focus for 2015</i>	Page 5
<i>Meet the New AARP President for 2015 - Terry Wildman</i>	Page 6
AARP January 20th Program: Moving? Thinking of Moving? Strategies for the Sale & the Move	Page 7
<i>2015 Policy Priorities - AARP VA</i>	Page 7
Membership Renewal Form	Page 8



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.

(President's Message *continued*)

So, the idea is pretty simple; let's not go too far in wishing away these lovely winter months. If a touch of depression is the problem, the December issue of the *Monitor*, the news magazine of the American Psychological Association, reports a study linking walking in nature with significantly lower rates of depression and improved mental health. Fortunately, with two large dogs, any procrastination in getting out for long walks is not a choice in my family. (P.S., if winter darkness is an issue, consider that by the time you read this the winter solstice - shortest day - is already about a month behind us!)

Finally, we look forward to seeing you at each of our regularly scheduled meetings on the third Tuesday of each month. And with this newsletter we hope to keep you informed of Chapter related events and opportunities, as well as other news of interest to AARP members. Thanks for your participation, and best wishes for a great new year.

- Terry Wildman

New Look for Chapter Website

Don Creamer, Website Editor

Make a point of visiting www.blacksburgaarp.org. You will see that the entire site has been revised, but remains focused on you and your needs for information about chapter activities. Consolidation of some pages allowed fewer menu items and easier access to relevant information. *Click through the menu items and see what is available.*

Blacksburg AARP chapter has been selected to participate in a national AARP Membership Media Campaign. You can read a brief article about this action linked to the Home page of the chapter site. Despite this honor, the decision to revamp the chapter website was motivated by the knowledge that a major shift in programming focus was planned to begin in 2015.

Growing our membership also is a major goal for 2015. President Wildman has designed a mailer to be used in recruiting new members. Those attending the Holiday Luncheon saw this attractive document on their tables. It will be available soon on our website.

The best single way to increase membership is through current members who invite their friends and acquaintances to visit our monthly public meetings and other Blacksburg AARP sponsored events. Chances are good that those who see our work in progress will want to be a part of it.

Do your part to bring in new members. We all benefit from adding new people to our efforts to improve the lives of seniors in our communities.

2015 Officers and Board Members

Officers

President	Terry Wildman	wiley@vt.edu
Vice President	Don Creamer	dcg2@vt.edu
Secretary	Sally Anna Stapleton	sanna418@gmail.com
Treasurer	Pat Ballard	pballard@vt.edu

Board of Directors

Class of 2015—Don Creamer, Terry Wildman, Nola Elliott
Class of 2016—Tom Alston, Tina King, Sally Anna Stapleton
Class of 2017—Pat Hyer, Jerry Niles, Shirley Peterson

2015 Committee Chairs and Liaisons

<u>Committee</u>	<u>Chair</u>
<i>Caring</i>	Margaret Kates
<i>Chaplin</i>	Sandy Birch
<i>Chapter Awards</i>	Open
<i>Community Service</i>	Sally Anna Stapleton
<i>Financial Planning & Audit</i>	June Schmidt
<i>Health and Wellbeing</i>	Open
<i>Newsletter</i>	Carolyn & Don Rude
<i>History</i>	Sally Anna Stapleton
<i>Hospitality</i>	Nola Elliott
<i>Legislature</i>	Alison Galway, Val Coluni
<i>Living Well@50+ Conference</i>	Pat Hyer, Don Creamer
<i>Membership</i>	Tom Alston
<i>Program</i>	Ben Crawford
<i>Public Relations</i>	Open
<i>Website</i>	Don Creamer
<i>AARP VA Liaison</i>	Ben Crawford
<i>AARP Driver Safety Liaison</i>	Cecil McBryde
<i>TOB Senior Liaison</i>	Joy Herbert
<i>VTRA Liaison</i>	Margaret Kates

Time to Renew Your Membership!

Your 2015 membership dues are now due. Our membership is for the calendar year. If "2015" is shown on your mailing label you have already paid. If "2014" is on your label you should submit payment for 2015. We appreciate your attention now to keep your membership in force. You may use the convenient form on the last page of this newsletter to renew your membership.

Tips on Thriving During Winter

Tina King, New River Valley Agency on Aging

Winter's in full swing. The days are shorter, darker, and colder—and some of us might be experiencing the “winter blues.” We might be more tired than usual, less active, or unmotivated.

According to Casey Moore, a Productivity Coach, people struggle with being productive in the winter for a number of reasons. In January especially there can be a post-holiday let-down. In areas where it's quite cold or very wet, people feel confined to the indoors, which leads to illness or cabin fever. Still, other people find that they've already broken their New Year's resolutions and feel discouraged about themselves. And finally, those who suffer from seasonal affective disorder (SAD) or other mental health conditions can find the darkness of winter especially difficult.

If you're feeling unmotivated or little blue, don't just sit with it; take action. Try one of the tips below, or if you feel the need, speak with your doctor.

Here are tips for staying motivated and making it through the bleak winter months:

Get physical. Moving your body with regular exercise, especially outdoors if weather permits, helps reduce stress and improve sleep. And the natural light you get from being outside may give your spirits a much-needed lift.

Start your year over. If you think you've 'blown it' for 2015 because you've already broken your New Year's resolutions, think again. Start your new year today. January 1st is arbitrary anyway. Focus on one or two new habits you want to form. Forget the old all-or-nothing thinking and restart your new habit any time you slip into old behaviors. This may give you the motivation needed.

Spend time outside. If you suffer from SAD—and even if you don't, try to get ten minutes of natural light every day if possible. Getting outside, if only for a little while, changes your perspective and reminds you that spring is just a little ways away.”



Eat well. Watch what you eat and drink. Comfort foods and sugary drinks will leave you sluggish and bloated.

Set goals. Wintertime is ideal for focusing on new projects. Even if you're feeling a bit sluggish, set new goals and volunteer for something that excites you. Your initiative will give you a sense of accomplishment and make you more productive.

“Spring Clean” during the winter. Take advantage of the fact that you are inside more at this time of year. Go through “stuff” and throw out or donate to charity anything that is no longer useful. You will be less overwhelmed and will feel less stressed out.

Stay healthy. More people get sick during the winter months than the rest of the year with flu, colds, etc., Teach says. While it's sometimes difficult or impossible to not to get sick when everyone else is, do what you can (i.e. take vitamins, wash your hands) to prevent it.

Plan a vacation. If you tend to lose steam during the winter months, maybe this is the time to take your vacation to recharge and get some needed sunshine and natural vitamin D.

Stay in Touch. Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't. In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise.

If one of your resolutions for the New Year is to take better care of your health, you might be interested in a free workshop that will help you manage chronic health conditions. For more information on upcoming workshops call Elizabeth Wray at the New River Valley Agency on Aging at 980-7720.

2014 Holiday Luncheon: *Some Highlights*

As usual, the December holiday luncheon was a great opportunity for members and guests to celebrate the season and the year. This year we were pleased to hold the event at the Village Center at Warm Hearth in Blacksburg, and the hospitality there is greatly appreciated.

In addition to food prepared for us, there were some notable points in the program that our volunteer photographers just happened to capture. First, we

were fortunate that Bill Kallio, the Virginia State AARP Director, was available to serve as featured speaker. (see photo)

Bill's presentation focused on three key aspects of life for citizens in the 50 plus age range that is of great concern for AARP. First, are we prepared financially for retirement? Second, are we ready to manage health care concerns? And finally, are we looking after the self—the reinvention of our lives? All of these will be part of the conversation for 2015 and beyond, to be sure.



Many of our members are making significant contributions to the community and the chapter, and this holiday event is the time to recognize some outstanding contributions. Our two annual awards recognized Jim Wightman (see photo) and John and Sharen Hillison (see photo). Jim is recognized for his many years as the friendly face of the Chapter, the person we see first at monthly meetings and one of our most effective and dedicated representatives. John and Sharen Hillison have for years spearheaded our hugely successful *Health and Wellness Fair*, which requires more planning and work than

anyone can imagine. We deeply appreciate what these folks have contributed!



Thanks also to Sandy Birch for her inventive presentation of the awards.



Every year the Chapter provides monetary awards to some of our partner community organizations. This year Sally Anna Stapleton (*far left in the above photo*) presented awards to the following organizations: The Community Foundation, Blacksburg Community Center, Micah's Soup for Seniors, Meals on Wheels, NRV Area Agency on Aging, Retired and Senior Volunteer Program, VT Center for Gerontology, VA Ins. Counseling and Assistance, and Community Living Care, Veterans VA Medical Center.



Finally, there is the changing of the guard. Ben Crawford, our liaison with Virginia AARP, welcomes and gives the charge to new chapter officers and board members. (see photo) Note that all the chapter officers and committee chairs are listed on Page 2 in the newsletter. Finally, chapter president Leslye Bloom completes her successful year in leadership during 2014, and Terry Wildman (see photo) accepts the gavel for 2015.

Stay tuned. Planning for the 2015 holiday luncheon will be underway sooner than we think!

Living Well: Chapter Program Focus for 2015

Don Creamer and Pat Hyer, Co-Chairs
LivingWell@50+ Conference

All levels of AARP—national, state, and local—are working to define the meaning of living well at 50 and older. At the chapter's most recent Holiday Luncheon, Bill Kallio, Virginia AARP State Director, simplified the massive shift in the work of AARP. He said, in paraphrase, that AARP is concerned with Health, Wealth, and Self of seniors. The focus of Blacksburg AARP for the near future is on Self, helping individuals to re-imagine themselves in enhanced, active lives.

Beginning in the summer, 2014, the chapter set to work to create and provide a capstone for the programming focus for 2015. Those of us involved in this early effort knew that we wanted to focus on living well. What emerged from those early discussions was to stage a large-scale, community-wide conference on the topic.

We settled on the title LivingWell@50+ and proceeded to establish a planning committee composed of representatives of multiple agencies in the New River Valley.

This is a conference that you will want to attend, guaranteed!

The initial meeting of this planning committee considered the interests and capabilities of seven partners in this conference venture: Blacksburg AARP, Virginia AARP, Edward Via College of Osteopathic Medicine (VCOM), Agency on Aging, Center for Gerontology at Virginia Tech, Virginia Tech Retirees Association (VTRA), and Virginia Tech Lifelong Learning Institute (LLI).

Each of these partners has vested interests in participating in the LivingWell@50+ conference and in shaping it for mutual benefit. For example, the Lifelong Learning Institute at Virginia Tech is in formative stages itself and three members of our planning group have been invited to join the steering committee of the LLI. We see clearly mutual benefits to the LLI and Blacksburg AARP in helping to launch this type of community oriented educational program.

Each partner in this endeavor has similar interests of their own; thus, we have experienced to date a lot of enthusiasm on both the conference planning committee and the LLI steering committee. The next meeting of the conference-planning group is in mid-January 2015 and we will focus on shaping the programs of the event.

We envision a conference like no other we have attended. It will be educational to be sure, but we see most small group sessions as active with participant involvement—a hands-on experience wherever possible. There will be something for everyone to learn, something to enhance one's own life.

This event likely will be presented in early fall, perhaps in mid-September. That time of year has worked well for the Health and Wellness Fair and we envision the LivingWell@50+ conference to occur at least every two years alternating with the Health and Wellness Fair.

Mark your calendars now—both mental and physical—and make a commitment to register for this event. You will not regret it.



Time to start thinking about taxes:

Your local AARP Tax-aide site will be up and going strong again this year at the Christiansburg Recreation Center. If you need assistance with your taxes, please give the Center a call at 382-2349 for an appointment time. If you would like to volunteer and be a part of this program, please call Pat Ballard at 540-449-1804 or email at pballard@vt.edu for more information. We will start on Monday, February 2 and go through April 15.

The schedule for tax preparation is:

1:00 – 4:00 pm, Monday, Tuesday and Thursday
9:00am – noon, Saturdays

Meet the Blacksburg AARP President for 2015 - Terry Wildman

Terry is currently working on his fifth year of retirement from Virginia Tech, where he served for 35 years as professor of educational psychology in the College, and later School, of Education. For 13 of these years (1995-2008) he served in the Provost Office as Director of Virginia Tech's teaching support center—the Center for Excellence in Undergraduate Teaching. As an educational psychologist the central challenge across his career has been to help educators understand and apply new research on teaching and learning. The good news is that research and use of technology has led to a host of new ideas for making schools and other learning contexts more effective. Part of this ongoing transformation is the idea that degrees and other milestones—such as moving into the 50+ years—are simply invitations to new learning opportunities. Happy thought, but more about this later...



Two degrees at the University of Virginia during the 1960's provided preparation to teach in the area of special education, and a ROTC commission yielded the opportunity to serve in the Army Ordnance Corps at Aberdeen Proving Ground and then in Vietnam. Side note: One of many weird things about that war was seeing people come and go pretty much as individual and replaceable cogs in a big machine. Terry remembers not knowing a soul on the plane in either direction. But, it was soon back to teaching, and then on to Florida State University for the doctoral degree in educational psychology. Fortunately, a position opened at Tech just as Terry was finishing up, and the move to Blacksburg was a happy event, and has been very rewarding since.



Terry began what is probably an unlikely route to becoming a professor—on a tobacco farm in Mecklenburg County, Virginia. However, his mother, several aunts, sister, and other family members were teachers so perhaps there was some predisposition going on. However, in the early days it was all tobacco, gardens, hogs, chickens, cattle, mules and plenty to do just to keep a farm going. The rule was, with wood stoves to supply, eggs to gather, a cow to milk, animals to feed, etc., everybody had a job to do even outside the growing season. The benefits of these early responsibilities were probably appreciated more later in life than in the moment, but perhaps in the end these experiences will outweigh any publication record in a lifetime resume'.

But, work is not the only thing. Learning to fly in the late 60's ignited a long-term passion for airplanes. In fact, when Terry moved to Blacksburg, he joined the Hokie Flying Club even before buying a house. This is the club that was begun by our own Cecil McBryde and several fellow pilots. Flying, gardening, water and snow skiing, running, golf, and small farm maintenance provided perfect counterpoints to academic work. Motorcycling replaced flying a little more than a decade ago, and about 80,000 Harley miles have been logged since. Terry's wife, Sue Magliaro, often tries to capture his interests in a single phrase — "all forms of exciting transportation." Terry's son Justin, now in Colorado, helps facilitate this activity with annual skiing ventures and dirt biking in the desert. Thus far, the main thing changing with age is more self talk about "being careful" and, with retirement, the realization that not much needs to get done very fast.

Visit Your AARP Chapter Website at www.blacksburgaarp.org

AARP January 20th Program

Moving? Thinking of Moving? Strategies for the Sale, and the Move

Everyone knows that moving, including both the buying and selling of one's home, can be extremely stressful—to the point where it often appears on lists of life's most stressful events.

Well, help and advice is available if you need it. Our presenters for the January program are Debbie Campbell, and Lesa Myers who are specialists with respect to what we'll just call *THE MOVE*. Debbie Campbell of *Stage 2 Smile LLC* is an expert in preparing properties for sale using home staging techniques. The process of home staging focuses on enhancing a property's appeal by de-cluttering, neutralizing, de-personalizing, organizing, and reconfiguring home furnishing arrangements. Essentially, home staging prepares a property, home or office, for maximum appeal to the highest number of potential buyers, thus helping you sell faster and for more \$\$.

Lesla Myers of *Project Move UP*, specializes in helping with the transition to your next space, as well as helping to de-clutter spaces so you can live more effectively and safely in your current home or office. These services include effective communication and coordination with any specialized providers who are facilitating your move. *Project Move UP* will stay with you through final move in.

As usual, these will be relatively brief presentations followed by a question and answer period.



Debbie Campbell
Stage 2 Smile LLC

Lesla Myers
Project Move UP

Please Join the Blacksburg AARP Chapter each month, January through June, and September through December.

Chapter meetings are held on the third Tuesday of each month, and begin at 11:30 am with a "bring your own bag lunch." Coffee and tea is provided. The chapter meeting and featured program begins at noon and ends at 1:00pm. We meet at the Blacksburg Community Center on Patrick Henry Drive.

2015 Policy Priorities from AARP VA

Support Family Caregivers

Family caregivers play a critical role in care transitions as their loved ones move from hospitals to rehabilitation centers and back home. Today, nearly 50 percent of family caregivers are being called on to perform medical/nursing tasks, often with little or no explanation or guidance. That's why AARP Virginia supports policies that ensure that hospitals formally acknowledge a patient's family caregiver at the time of admission; notify the family caregiver at the time of discharge or transition; and, family caregivers are offered an explanation and live demonstration of the medical/nursing tasks they will need to perform at home. Ensuring caregivers get the instruction they need and are notified about care transitions supports caregivers and may reduce costly hospital readmissions.

Retirement Security

AARP Virginia is fighting to put a secure retirement within reach for people who work hard and plan for their future. Many Virginians have no money in retirement savings accounts nor have any type of employer-sponsored retirement plan. AARP advocates for enactment of a Work and Save Plan that provides a convenient way for people to save on the job, and to continue to save if they change jobs.

Fair Redistricting

AARP Virginia wants to ensure that the next redistricting process is transparent and provides a meaningful opportunity for interested parties and the public to participate effectively. AARP Virginia supports One Virginia 2021: Citizens for Fair Redistricting and their effort to promote discussion to find a path to fair redistricting.

Home and Community Based Services

Currently funding for long term services and supports in Virginia is heavily focused on nursing homes and other institutional care facilities. By expanding access to home and community based services, Virginia would enable more people to be served in their setting of choice, such as their home, and potentially save money by paying for less institutional care. AARP Virginia supports reforms to the long term services and supports system that allows individuals to remain in their homes or home-like settings.

Make Sure Budget Decisions are Fair to All Generations

We will monitor budget proposals to be sure that decisions are fair to all generations and do not place an unnecessary hardship on our most vulnerable citizens.

For more information, contact David DeBiasi at ddebiasi@aarp.org or (804) 344-3059.



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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

Serving the greater New River Valley, Virginia

February 17 Chapter Meeting

Living Well @ 50 Plus Activities, Attractions, and Facilities for Seniors in the New River Valley

Kevin Byrd, Executive Director of the New River Valley Planning District Commission, will help us think about how to live well at 50+ by telling us about the Commission, significant projects in our region, and projects the commission is involved with in developing and promoting active living in the New River Valley.

At the Planning District Commission, he oversees a broad range of federal, state and local planning programs. These include

housing, transportation, natural resources, economic development, land use planning, and GIS services.

Mr. Byrd began working for the Commission in 2005 as a Regional Planner and was appointed as Executive Director in October 2009. He has over 10 years of community development experience in the public sector at the town, county, and regional levels of government along with private sector consulting experience. He has a Master's degree in Urban and Regional Planning from Virginia Tech and Bachelor of Science degree from Appalachian State University.



Kevin Byrd

President's Message

Gardening and Mindfulness

As I'm writing this message on a Saturday morning, a look outside reveals the dazzling sight of ice-covered trees and shrubs. Fortunately, just enough ice to decorate, not damage. A great time to delve into all those seed catalogs accumulating in our mailboxes these past few weeks. That's right! By the time you read this, spring is close enough to start making some active choices about what your garden will look like this year. No matter the size, window box to large track, there is always the opportunity to try something new along with the old standbys. Right now, I'm looking into some new tomato varieties and techniques that just might get me to that first tomato sandwich a bit earlier. At this point I would do almost anything!

Ok, so the point is not really about plans for my garden, but if the reminder gets you going, so much the better. The more important thing just might be the activity of gardening itself, which demands ongoing attention and care—and if we're paying close attention, the almost constant potential for surprise. Similar to interacting with our pets, dealing with living things that can grow and change almost daily tends to force us out of those automatic routines of life and back into the present. Such focus on the "here and now" can be refreshing, therapeutic, and healthy.

Some years ago I was drawn to a book that began, right on page one, by summarizing a seemingly simple

Upcoming Programs

March 17: Using Permaculture techniques in your own back yard

April 21: Redistricting in the Old Dominion

June 16: Chapter picnic and white elephant sale

Save the Date: Sept. 8

Living Well@50+ Conference
A large-scale, community-wide conference at the Inn at Virginia Tech will explore ways for seniors in the New River Valley to live well at age 50 plus. The conference will launch Virginia Tech's Life-long Learning Institute.



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.

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.

Remembrance of friends who died in 2014

By Sandy Birch, Chaplain

Every once in awhile, when I'm staring up at a starry sky on a clear, dark night, I'll see a shooting star. Officially, we're looking at the visible path of a meteoroid as it enters the atmosphere, but a shooting star is a much better image—more colorful, dramatic maybe, even romantic. This breathtaking sight may suggest a soul rising into a new world and memories of our dear friends

Let us think of our friends today.

Virle Payne died on January 22, preceded in death by her husband, another dear friend Alfred Payne. She was an instructor at Virginia Tech until 1967 when she joined the faculty at Radford College and directed the preschool. Throughout her life she influenced the lives of many students, parents, and children. Virle had an adventurous spirit and traveled extensively, from walking the Great Wall of China to canoeing on the New River. Virle was 96.

Jean White passed away on January 30. She was a devoted member of Blacksburg United Methodist Church, enjoyed her monthly meetings with the Agronomy wives, and was an avid Hokie fan, holding season tickets for over 47 years. Those who knew and loved her take comfort in knowing that she is with her Lord and loving husband, Harlan, in Heaven. Jean was 77.

Dorothy Jones died on March 29, beating the odds—surviving and thriving for five joyful years following a stage four ovarian cancer diagnosis. Following her marriage in 1954 to her high school sweetheart, Dorothy followed Phil to Champaign, Illinois, Bloomington, Indiana, Madison, Wisconsin, and finally to university life in 1977 at Virginia Tech where Dorothy served as a surrogate mother to and event planner for Phil's many doctoral students in the College of Education. Dorothy was 80.

Robert Dyer passed away on May 29 with his wife of 63 years, Doris, by his side. He made his career as a teacher and then an elementary school principal in Knoxville City Schools and after retirement, he became a Lieutenant Colonel in the Civil Air Patrol while perfecting his golfing skills. In 2005, Robert and Doris moved to Blacksburg to be near their daughter and grandchildren. Robert was 89.

Clara Ann Hawkins died on October 2. She completed her registered nursing degree in 1949 and provided nursing care to many patients in North Carolina, Iowa, and for 15 years at the Virginia Tech Student Health Center

before retiring in 1989. She was a longtime member of Blacksburg Baptist Church and gave of her time and talents through many of the church's organizations including the Women's Missionary Union and Agape Circle. Clara was 87.

Lee Brown died peacefully at his home on November 5. He served in the United States Army during World War II, landing in Normandy on D-Day. Lee had a distinguished career in life insurance and financial planning in New Orleans. In 2005, he and his wife Annette were flooded out by Hurricane Katrina and then moved to Blacksburg where they resided at Warm Hearth. Lee was a long-time member of Rotary International and a dedicated volunteer at the Blacksburg Lewis-Gale Hospital. He was 101.

Betty Dean died on November 27, preceded in death by her husband, James Dean, long time dean of students at Virginia Tech. She was an active member of the Blacksburg Country Club where she loved to play golf and bridge. Betty will be missed by her daughter, grandchildren, and great-grandchildren—and her loving cat Popsickle. Betty was 88.

Betty Wilson passed away on November 30. After receiving her degrees from Radford University, she returned to her home place in Marion and taught high school and served as a guidance counselor for 36 years. Betty was very active in the Lutheran Church, locally responsible for many activities at Luther Memorial Lutheran Church, serving on many church statewide committees, and volunteering for a number of local organizations including RSVP, the Daughters of the American Revolution, and Literacy Volunteers of the New River Valley. Betty was 82.

Mary Moore celebrated her first Christmas in heaven with her late husband, Joseph, after passing away on December 23. Mary and her husband moved to Blacksburg in 1972 when he joined the Civil Engineering faculty at Tech. She was a faithful member of the Blacksburg Baptist Church and was a loyal volunteer of the Interfaith Food Pantry and the gift shop at Montgomery Regional Hospital for many years. She partied with Dorothy Jones in the Purple Passion Red Hat Society, now known as the No Name Dames. Mary was 92.

Rest in peace dear friends. May we think of you—and all of our departed loved ones—as we gaze at the stars and maybe...just maybe... see one of you slip away.



Terry Wildman with his gardening catalogs

experiment conducted in a Connecticut nursing home. A portion of the residents were given a choice of house plants to care for and were encouraged to make other small decisions in their daily routine. Eighteen months later, compared to a control group that did not have these opportunities, the plant-caring residents were more alert, better adjusted, and more of them were still alive.

Ellen Langer, Harvard Professor, describes in her 1989 book *Mindfulness* how the startling results of this one simple intervention in a nursing home set in motion a whole body of work that is now approaching three decades in length. One of the most respected psychologists of all time, Jerome Bruner, reviewed her book, noting that “Langer’s attention to this subject, mindfulness, is treated in a manner that ‘naturalizes’ or brings to clear light a human scourge—everyday functional stupidity. If this sounds overly harsh, another review provided a helpful clarification suggesting that mindfulness can be thought of as the antidote “to the rigid, reactive, repetitive patterns that keep the best of us sealed in un-lived lives.”

It is an interesting and actually very practical question to consider the extent to which we are trapped by our reliance on conceptual categories at the expense of perceptual experience. This is by no means a new concern. One of the giants of American philosophy and psychology, William James (1842–1910), spoke to this directly in his statement that “the intellectual life of man consists

almost wholly in his substitution of a conceptual order for the perceptual order in which his experience originally comes.” Of many examples, James points out how something as fluid as time has been carefully divided, and defined, in terms of abstract category systems—night and day, summer and winter—that we use for conceptual simplicity, but also live by. So a question we might consider is whether in our daily life and in our institutions we strike a good balance between reliance on conceptual categories and direct perceptual experience.

Mindfulness can be thought of as the antidote “to the rigid, reactive, repetitive patterns that keep the best of us sealed in un-lived lives.”

A tight conceptual order—when to eat, when to sleep—and a custodial enforcement of these categories was shown by Langer in her studies to be less than healthy to the elderly, and I and others have suspected that high abstraction and custodial enforcement of externally defined learning goals is equally suffocating to the young, even in institutions of higher learning. Today, there seems to be growing attention in the media—even in the most recent AARP magazine—that mindfulness training and practice may be just the thing to nudge us out of overreliance on patterns that we continue to follow without much thought.

Now, I must think about applying these lessons to my gardening. This is a valued practice that may be in danger of becoming a bit too automatic. In recent seasons certain of my plants have been whispering to me; perhaps I need to listen more carefully.

Terry Wildman



Photo by Charles Bostian and used by permission

AARP about town

AARP at the Virginia Tech Health Fair January 14

Hundreds of attendees stopped by the Blacksburg AARP Chapter booth at Virginia Tech Health Fair in McComas Hall on January 14.

John Hillison, Jerry Niles, and Terry Wildman are pictured.



Invasion of the Red Scarves: AARP Rally Day in Richmond

Tuesday morning Ben, Don and Terry were approaching the entrance of the Assembly Building in Richmond when a photographer standing outside remarked, *"here comes the invasion of the red scarves!"*

Well, indeed, more than 100 AARP chapter members from around Virginia and their team leaders were descending on lawmakers in what is the annual Rally Day in Richmond. Held this year on January 27, the plan was for all the AARP representatives to meet at a local church near the Assembly Building, have breakfast, get oriented, and then visit as many lawmakers as possible during a two-hour period. Our task for this event was to encourage state representatives to support a measure that would give additional support to caregivers in Virginia.

And yes, all of us were outfitted with a nice warm scarf in "AARP red." At each brief meeting, Val Coluni, our team leader, introduced us as representing AARP although with our scarves prominently showing we probably could not have fooled anyone as to our identity.

We did learn before leaving Richmond that both the house and senate bills did come out of committee clean, so it looks like caregivers may be receiving some additional help from health providers, particularly hospitals. In brief, here is what the law will require when passed and signed:

- Hospitals will provide patients with the opportunity to designate a family caregiver
- Hospitals will notify the caregiver when the patient is discharged to go home, or moved to another facility.

- Hospitals will offer caregivers the opportunity to receive instruction, including a demonstration if needed, regarding any nursing/medical tasks they will need to perform at home.

So, stay tuned as these developments in health care move forward.

One remaining note—our team from the Blacksburg chapter had a nice opportunity to visit with the top leadership of AARP Virginia, and especially to discuss with them the September 8 conference we're planning, and to hear of their active support of this event.



L-R Val Coluni, Don Creamer, Terry Wildman, and Ben Crawford, in their red scarves, meet with Senator John Edwards (center) in Richmond

HD Broadcasts in Christiansburg: Opera, Ballet, Art

The Regal Cinema in Christiansburg (110 New River Road) is now showing HD broadcasts of Metropolitan Opera and ballet performances as well as art exhibitions on screen. Along with performances at the Center for the Arts (www.artscenter.vt.edu/Online/) and School of Fine Arts (www.performingarts.vt.edu/) at Virginia Tech, these events bring big city culture to the New River Valley.

Metropolitan Opera (tickets \$22 senior)

2/14	Iolanta / Duke Bluebeard's Castle	12:30 pm
2/18	Iolanta / Duke Bluebeard's Castle	6:30 pm
3/14	La Donna del Lago	12:55 pm
3/18	La Donna del Lago	6:30 pm
4/25	Cavalleria Rusticana / Pagliacci	12:30 pm
4/29	Cavalleria Rusticana / Pagliacci	6:30 pm

Ballet (\$15 senior)

2/17	The Winter's Tale, Royal Ballet	7:00 pm
3/8	Romeo and Juliet, Bolshoi Ballet	12:55 pm
3/19	Swan Lake, Royal Ballet	7:00 pm
5/5	La Fille mal gardée, Royal Ballet	7:00 pm

Exhibitions on Screen (\$15)

2/24	Rembrandt	7:00 pm
	National Gallery, London, & Rijksmuseum, Amsterdam	
4/14	Vincent Van Gogh	7:00 pm
	The Van Gogh Museum, Amsterdam	

For more information, see www.fathomevents.com.

Film Schedule, Lyric Theatre, Blacksburg

See the lyric.com/calendar/ for more information; note some variations in showtimes because of special events.

Selma	February 6–10, 12
The Imitation Game	February 13–19
American Sniper	February 20–16
Whiplash	February 27–March 5



Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
Vice President • Don Creamer, dgc2@vt.edu
Secretary • Sally Anna Stapleton, sanna418@gmail.com
Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott
2016—Tom Alston, Tina King, Sally Anna Stapleton
2017—Pat Hyer, Jerry Niles, Shirley Peterson

The AARP Tax-Aide program

The 2015 tax-aide program begins February 2 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 to schedule for preparing taxes according to this schedule:

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

Dues are Due!

If you haven't yet paid your dues for 2015, please use the form on the back of this newsletter to get information about the amount and where to mail your check. Thanks!

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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

Serving the greater New River Valley, Virginia

March 17 Chapter Meeting

Using permaculture techniques in your own back yard

Sarah Gibbs, a permaculture designer, will present our March program on using permaculture techniques in our back yards.

Sarah operates “NatureScapes” in Blacksburg with her husband, Phil Callicott, a sustainable builder. They use permaculture principles to design and install gardens that are beautiful, productive, and environmentally sustainable.

Permaculture seeks to mimic natural systems, interdependencies and relationships to create resiliency and productivity. In a permaculture garden, you will see plants fulfilling multiple roles, from encouraging soil health and attracting beneficial insects to producing food and herbs, both medicinal and culinary. “Permaculture” is a contraction of two words: permanent agriculture and/or permanent culture.

You will learn ways in which permaculture can produce large amounts of food in small areas.

The picture below shows one garden design featuring cabbage as an ornamental plant.



President’s Message

March Magic

True magic is not the pulling of rabbits from hats; it is the transformation of things. [anon]

There can be no doubt that March is a month of transitions, and therein can be found a question. Is it possible to see in this one month a metaphor of possible relevance to our chapter? Ok, let’s save that connection for a moment. Let’s first look at March a bit more closely.

By the time you are reading this newsletter you have already “sprung forward” in our annual switch to Daylight Saving Time. Also evident on your calendar is the notice that spring begins on the 20th. Who knows what the actual weather will be at that point, but the earth has certainly tilted in our favor—at least for those of us in the Northern Hemisphere. The days and nights are presently about equal length; but, the length of darkness is fast receding and daylight is increasing. Everyone who watches nature knows what that means. The big show is about to begin.

Symbolism is also big in March. St. Patrick’s Day occurs on March 17, and as good fortune would have it, *so does the Blacksburg Chapter’s March public meeting*. As you probably know, this long-standing celebration marks the date when Saint Patrick died in the year 461 A.D.

Some will say that on the 17th of March everyone is Irish! That would be the case certainly for anyone caught up in

Upcoming Programs

April 21: Redistricting in the Old Dominion

June 16: Chapter picnic and white elephant sale

Save the Date: Sept. 8 *Living Well@50+* Conference

A large-scale, community-wide conference at the Inn at Virginia Tech will explore ways for seniors in the New River Valley to live well at age 50 plus. The conference will launch Virginia Tech’s Lifelong Learning Institute.



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.

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.



Terry Wildman is ready for the March 17 meeting with green Shamrock beads and cap

a St. Patrick's Day celebration, say in Boston, or in any Irish bar for that matter, but think about the possibility at our own public meeting on March 17 at the Blacksburg Community Center! Think green! I'll have to admit, green is not my preferred route to sartorial elegance, but on this day I'll be sporting at least some green. Just think, even if green is not our

best garment color, at least we'll be in solidarity with the beautiful shades of, let's just say it, Irish green, that will transform the elegant contours of the greater New River Valley for a magical moment in time. This is what March signifies, and offers, even though the transition seems unruly at times.

Other symbols abound—the daffodil and the shamrock, rabbits and colorful eggs. I didn't know this, but the mighty Ash tree has apparently been a metaphor for the Celts. The Ash tree has a massive root structure, grows to great heights, and the wood has been prized for many uses. As a symbol connected to the month of March, it signifies growth, expansion and higher perspective.

Organizations, like the Blacksburg AARP Chapter, do experience their own transformations over time, and do sometimes seek to grow, expand their horizons, and seek perspectives that are, well, higher, for lack of a better term. In our own language we have this year embraced the notion of "living well," or perhaps better said we have decided to work toward a better understanding of what it means to live a full and rich life during those years that sometimes become associated with resignation and more limited horizons. In this we are in sync with AARP at the national and state levels, where the language and programming has shifted to *Real Possibilities* and *Life Reimagined*.

So, returning to the earlier question is it possible that March itself, with all its energy and change and symbolic meaning, could serve us in a metaphorical sense—shed some light on what we're trying to do as an organization? I'll have to admit, I've always loved getting to March, appreciated its role in getting us to the "better" months ahead, but probably failing to appreciate enough the actual transformation going on underfoot. I think I've been getting a little better at this, not so impatient, but still with things to learn. The underlying lesson for an organization though, is that unlike nature, which will move along quite well doing its necessary "March" thing, we as people, seeking some elevated purpose, really do need to embrace the change itself, and perhaps consciously become more like this magical month.

Terry Wildman

More About March

Did you know?

March is Women's History Month

March is National Nutrition Month (the theme for 2015 is "Bite into a healthy Lifestyle")

Do you know these folks, born in March?

- Glen Miller
- Sam Houston
- Alexander Graham Bell
- Knute Rockne
- Michelangelo
- Yuri Gargarin
- Clair Booth Luce
- Harold Wilson
- Albert Einstein
- Andrew Jackson
- James Madison
- Grover Cleveland
- David Livingston
- Wyatt Earp
- William Jennings Bryant
- B.F. Skinner
- Jerome Niles
- Harry Houdini
- Tennessee Williams
- John Tyler
- Vincent Van Gogh
- Jack Johnson

Can you match these birthplaces to the names?

- Susquehanna, Pennsylvania
- Waxboro, South Carolina
- Caprese, Italy
- Rockbridge County, VA
- New York City
- Ulm, Germany
- Galveston, Texas
- Caldwell, New Jersey
- Upstate New York
- Monmouth, Illinois
- Voss, Norway
- Columbus, Mississippi
- Gzhatsk, Russia
- Salem, Illinois
- Huddersfield, England
- Port Conway, Virginia
- Groot Zundat, Holland
- Edinburg, Scotland
- Budapest, Hungary
- Carilinda, Iowa
- Charles City County, VA
- Blantyre, Scotland

See the key to matching on p. 5.

Refire: The Senior Chronicles

A modest proposal for our membership By Terry Wildman and Don Creamer

What does life look like when you're trying to make the most of it? Or not....?

In particular, what does it look like when, statistically, we're looking ahead at a dwindling number of years? Are those just years to endure, or can they be enlivened with some special spark?

These are the kinds of questions that a new book on the market is asking readers to consider. Using the evocative language that authors often employ when trying to get your attention, Ken Blanchard and Morton Shaevitz tell us in their book title to...

Refire! Don't Retire

Blanchard and Shaevitz then added a subtitle that essentially asks us to think about how we can *make the rest of our life be the best of our lives*. The book conveys its message through the story of a couple, Larry and Janice Sparks, who are realizing the need to do just that when a close family member passes just shy of his 45th high school reunion. This family member has apparently not done very much to, well, actually live, except maybe to focus on work and wealth accumulation. A wake-up call for Larry and Janice to be sure.

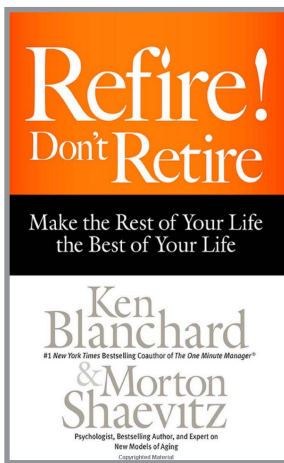
Some folks seem to like this book—find it useful, evidenced from the reviews one can read on Amazon. Throughout the book one can follow, at least vicariously, Larry and Janice's journey to approach life with a bit more gusto, to take more risks, to essentially get out of their comfort zone.

Some of us in the Chapter were recently drawn to the book's basic message, in part because it illuminates to some extent the meaning behind the phrase "Living Well@50+," which we're using as the theme of our September 8 conference. Of course, a limitation of Larry and Janice's *particular* story is that it is just one among many. And, their transformation toward living a fuller and richer life in their senior years is just that—theirs.

So we were thinking, what if we had a whole collection of stories, all authentic, all written from a first person view, and all aimed at exemplifying ways of experiencing

life as playful, joyful, risk taking, funny, loving, spontaneous, uncomfortable, creative, peaceful, and...well, you get the idea.

Suppose we had dozens of such stories, or more, taken from a moment in time, a small slice of experience that demonstrates some of the *qualities of a good life* in the above paragraph. And, supposes they came from us, our own Blacksburg AARP Chapter, and from those who would like to join us. Suppose we just started writing? This could be the start of **REFIRE—The Senior Chronicles**.



This is the way it could work

1. One person writes a short story, really just a brief vignette. Then another story appears...and another. We are posting two such stories on our Chapter website right now, from two of your chapter members. Check it out! Yours can be next. (www.blacksburgaarp.org/)
2. *Your* story, with a short creative title, is submitted to an email address offered by the *Senior Chronicles* editor. Right now that would be our Vice President and Web Editor: Don Creamer dgc2@vt.edu
3. The story is read by the editor and then posted on the Chapter website, on a new page dedicated to the **Senior Chronicles**. Keep this in mind: the stories you submit can be accessed by anyone, so write them with that in mind. That said, the whole point is to share ways, large and small, that we're doing things with our lives that is meaningful, exciting, joyful, scary, satisfying, and, importantly, *fun to write about*.
4. Of course, as a prospective writer, you can review already posted stories to get an idea of how different topics are treated, and how your own writing style can add to the creativity of the collected stories.
5. As stories begin to be submitted, the Chapter program committee may consider scheduling occasional "writing group" meetings that deal with the writing process, and how to frame experiences to create an interesting and informative story.

please turn to page 4

6. If we can really get into this notion of sharing our stories, the *Senior Chronicles* begins to develop as a way to illuminate and reinforce the concept of “Living Well,” enhance communication among Chapter members, and increase our ability to reflect on lived experiences.

So, please consider getting involved. This is admittedly an experiment. It sounds a little risky, maybe. But it could be fun, revealing of the many ways to make the most of life, and intellectually challenging.

We may think that most of what we do day-to-day is just mundane, not worthy of careful attention and description, but, we could be just be dead wrong about that!

Volunteers Needed: Membership Committee

The Membership Committee would like to develop a membership recruitment strategy and needs volunteers to help. Do you have ideas for ways to welcome a new generation of members or to identify people who would like to discover a community of people with similar interests? Can you think of ways to welcome members beyond Blacksburg so that the organization can truly embrace the New River Valley? What programs or activities could make AARP appeal to more people? If you would like to talk about ways of helping, please contact our president, Terry Wildman: wiley@vt.edu.



The AARP Tax-Aide Program

The 2015 tax-aid program continues until April 15 at 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 he schedule for preparing taxes according to this schedule:

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

Legislative Report

by Val Coluni and Alison Galway

Both the General Assembly and Blacksburg Town Council passed some legislation and resolutions that align with AARP objectives. Our local AARP liaisons have been active in encouraging these actions.

General Assembly

***Care Act** has passed the General Assembly and now awaits the Governor’s signature. This Act provides a hospital patient to name a family caregiver. The hospital must notify that family caregiver if the patient is to be discharged to another facility or back home and must offer the family caregiver instruction on medical/nursing tasks.

***Work and Save** has passed the General Assembly and now awaits the Governor’s signature. This Plan directs the state to convene a work group to review retirement savings options that encourage retirement savings for individuals who may not have access to an employer-based retirement plan. It is hoped that the study group would come up with an appropriate recommendation for the 2016 General Assembly.

****Public Guardianship Program.** This program a one of last resort for adults who are incapacitated and who do not have a suitable family member or friend to help them make medical, financial, and daily living decisions. This vote expands access as the General Assembly has approved increased funding for this program within the proposed budget. It does not fully satisfy the need, but it’s a great start.

*Primary AARP Legislative Objective

**An AARP Legislative Objective

Blacksburg Town Council

The Blacksburg Town Council passed Resolution 2-D-15 committing to “Support Development of Affordable Housing on Givens Lane” by Fieldstone Planned Residential Development on approximately 1/3 of Blacksburg Estates property. Blacksburg zoning, tax, and utility support (estimated value over 15 years at \$605,045) was needed to apply for a Low-Income Housing Tax Credit (LIHTC), a competitive (one per state) award due March 2015, receipt of which makes the project financially feasible. Qualified tenants would be at 40–60% of Area Median Income for seniors and less than 60% of AMI for workforce residents. Even so, some current residents would not be able to afford the new housing arrangements.

Getting Better with Technology at AARP TEK Website

Are you interested in using an iPad or smartphone in new ways? Have you been wondering why so many ordinary people as well as celebrities use Twitter? Have you been tempted to tweet but don't know how to get started? Do you want to do more on Facebook than look at other people's pictures and posts?

AARP knows that lots of people who are 50+ would like to know more possibilities for using their smartphones and tablets. They would like to get started with social media or expand what they are already doing. However, we don't all have a grandchild handy to show us how. AARP can help with the "TEK" area of its website: www.aarp.org/aarptek. TEK stands for Technology, Education, and Knowledge.

Technology Education Center

The Technology Education Center includes informative materials such as a training video on using an iPads. It offers numerous links in the categories for Staying Connected, Online Safety, Buyer's Guide, and Digital Entertainment. For example, the options under Digital Entertainment include

[Enjoying eBooks \(Video\)](#)

[The New Golden Age of Radio](#)

[How to Watch TV Without a TV](#)

[Which Video-Streaming Device Is Best for You?](#)

[Transform Your Smartphone into a Holiday Album](#)

Social Media Education Center

You can go to the social media education center at www.aarp.org/home-family/personal-technology/tek/social-media-education-center/ There you will find instructions for beginners as well as specialized instructions for

Facebook

Twitter

Google+ and Hangouts

Pinterest

Social Video

Blogging Basics

For example, you can see a brief introduction to using Facebook. You can also download a pdf step-by-step guide to signing up for Facebook. You can find instructions for playing online games.

Personal Technology

The Personal Technology area of the AARP website offers advice about tech gear, such as earphones, gear to make your home "smart," and a key finder. Another section describes new technology for cars, such as blind spot monitoring.

One Thing at a Time...

These examples are just a sampling of what you can learn about technology at aarp.org/aarptek. All of the information is tailored for users who are 50+.

With so many opportunities, where to start?

It would be easy to get overwhelmed by dabbling everywhere. So pick one thing that you'd really like to learn and pursue it steadily. When you feel comfortable with your knowledge, add something else.

Maybe you'll teach a grandchild a thing or two about technology one of these days.

Key: Birthplaces of People Born in March

Miller-Iowa; Houston-Rockbridge Cty, VA; Bell-Edinburg; Rockne-Norway; Michelangelo-Italy; Gagarin-Russia; Luce-NYC; Wilson-England; Einstein-Germany; Jackson-SC; Madison-Port Conway, VA; Cleveland-NJ; Livingston-Blantyre, Scotland; Earp-Monmouth IL; Bryant-Salem, IL; Skinner-PA; Niles-Upstate NY; Houdini-Budapest; Williams-Columbus, MS; Tyler-Charles City Cty, VA; VanGogh-Holland; Johnson-Texas (see page 2)

Dues are Due!

If you haven't yet paid your dues for 2015, please use the form on the back of this newsletter to get information about the amount and where to mail your check. Thanks!

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu

Vice President • Don Creamer, dgc2@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott

2016—Tom Alston, Tina King, Sally Anna Stapleton

2017—Pat Hyer, Jerry Niles, Shirley Peterson

Visit Your AARP Chapter Website at www.blackburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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

Serving the greater New River Valley, Virginia

April 21 Chapter Meeting

Redistricting in the Old Dominion

Former Virginia Delegates Jim Shuler and David Nutter will discuss redistricting: why it is important and the current status in Virginia.

State legislatures and the US House of Representatives elect members based on districts. The composition and configuration of districts affects outcomes of elections. Every ten years, following the national census, states may redraw their districts. In Virginia, the state legislature has primary responsibility for creating a redistricting plan. The party in power in the legislature redraws districts to give competitive advantage to delegates from its party. This practice, known as gerrymandering, creates districts in which there is little competition. This situation has been defined as legislators choosing their voters rather than as voters choosing their delegates. Gerrymandering is almost as old as our country, but technology gives the practice new power today.

Nutter and Shuler will give us the latest information on redistricting in Virginia, and suggest what is likely to happen following the census in 2020. They will also suggest ways we can help bring about needed changes to help Virginia restore competitive elections.



Jim Shuler



Dave Nutter

President's Message

April

*April is the cruelest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
Winter kept us warm, covering
Earth in forgetful snow, feeding
A little life with dried tubers.*

T. S. Eliot, *The Waste Land*, 1922 (Italics added)

So, here is another month that evokes not only strong feelings, but in Eliot's opening line one of the most concise, yet also ambiguous statements in modern poetry. Much is written, I've recently discovered, about this particular work of Eliot's, and rightly so given its apparent status as one of the most influential works of poetry in the modern era. Finished in late 1921, published in 1922, dedicated to Ezra Pound for his extensive editing, and coming on the heels of the "great war," Eliot is credited with producing a work that is radically experimental in style, difficult to understand for a variety of reasons, but powerfully expressive of his observation of a contemporary society in need of renewal but in Eliot's mind absent the needed cultural tools.

Admittedly, I stumbled upon *The Waste Land* while playing with some ideas about springtime, and April in
please turn to page 2

Upcoming Programs and Events

April 30–May 1: Driver Safety Course, Community Center (p. 5)

May 18: Reception sponsored by Lifelong Learning Institute (p. 4)

May 19 program: AARP benefits, presented by Brian Jacks (Virginia state office of AARP)

June 16: Chapter picnic and white elephant sale

September 8: Living Well@50+ conference

Please bring a food donation (a can or box of non-perishable food) to AARP chapter meetings. We will distribute it to the food banks in Blacksburg and Christiansburg.



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.

Program plus: Lifelong Learning Institute

Board member Jerry Niles will give us a mini program about the September Conference on Living Well@50 Plus and the Lifelong Learning Institute now being organized.

President's Message (continued)

particular. For an informed review, there appear to be no shortages of critics who will entertain you with deep analysis.

But I do want to get back to Eliot's compelling first line—*April is the cruelest month*. Statements like this are compelling because they are absolutely concise, and thus easy to remember. So much for April. Yet, there is ambiguity here—another reason why the statement draws attention. On the surface at least April has a great many qualities that we would never associate with cruelty, and that ambiguity needs to be dealt with. We need an explanation.

So I've been using this exact statement for quite some time, and not in any way attributed to T. S. Eliot. My thinking has to do with birds, and cattle, and other critters we may know and love. At my home we take care of our songbirds during the winter, going through copious amounts of bird food sourced in very large bags from our local Tractor Supply store. We feed the squirrels too, especially when the black walnut supply seems a little thin.

Now here comes April, signaling for the most part that winter is gone, and nature is back at work producing all the natural beauty we love, and supposedly food, right? But here's the rub: there is no real food, at least yet. Even the lush young grass that looks so inviting for cattle is absent any real nutrition at this point and, overloaded with moisture, could be unhealthy in some cases. So April can be deceptive, and in that sense it may be cruel. Bottom line—don't put away those bird feeders just yet.

In the past, some of my colleagues and I would sometimes use an even more concise version of Eliot's first line in *The Waste Land*. *Spring sucks!* That's what we used to say. And that comes even as spring

was perhaps the most beloved season for many of us. The reason was in the juxtaposition of a beautiful season with so much promise, and the fact that for us professors the spring season tended to bring all the work of the year to a head (i.e., reports, papers and grading, conferences, and a host of other deadlines). Of course we quickly recovered, usually in May, but only to repeat the same "misery" the next spring. Did I mention tax season on top of all this?

On a more serious note, T. S. Eliot's poem also brings to a level of analysis the notions of recovery and resurrection. Easter, after all, usually occurs in April as it does this year. With recovery and renewal comes hope and optimism, but not so easily when promises are unfulfilled, when the new life that emerges seems only temporal, or when the optimism of early spring is juxtaposed with painful memory. In Eliot's time, as reviewers will state, the angst suggested in the early lines was with a barren post war social landscape that made a retreat to the forgetfulness of winter seem desirable.

Large-scale trouble seems to find the month of April with some regularity (see the box for an impressive list just since the Civil War's beginning on April 12, 1861). The start of April this year will see the continuation of recovery operations in the French Alps, and a world seemingly on edge for a variety of reasons. But if April seems unusually associated with trouble and hardship, might the timing just be randomness at play? What would the author of *The Waste Land* say if he were writing today?

April does then seem to produce a confused picture. Is it the worst month ever, or among the best?

Whatever the view, the good news is that renewal does occur with some regularity, we as people are stubbornly resilient, and hope is still in style.

Speaking of hope, my garden that remained frozen most of the winter is now turned over, birds are scour-

April at its worst

Civil War Begins, April 12, 1861
Lincoln shot, April 14, 1865
Hitler born, April 20, 1889
San Francisco earthquake, April 18, 1906
Titanic sinks, April 15, 1912
Failed Bay of Pigs invasion, April 20, 1961
Martin Luther King assassinated, April 4, 1968
Chernobyl, April 26, 1986
Bosnian war begins, April 4, 1992
Waco, Texas, April 19, 1995
Oklahoma City Bombing, April 19, 1995
Columbine, April 20, 1999
Virginia Tech shooting, April 16, 2007
BP oil spill, April 20, 2010

April at its best



Public Libraries: Notes and Opportunities

Blacksburg Library

Showcase of Local Art; Pottery Demo April 30

The Blacksburg Library is delighted to showcase local art. Various local artists currently have their works on display throughout the month of April. Stop in to see the hanging art by International Award Winning Watercolor Artist and Professor, Master Z. L. Feng, and his Radford University Drawing and Watercolor Graduate Students. Chris Lively, a nationally known ceramic artist, has his ceramics on display and will be demonstrating a wheel-throwing pottery program on **Thursday, April 30 at 6:00 p.m.** at the Blacksburg Library in the community room. Satisfy your creative interests by viewing the artwork on display and watching the process of wheel-throwing techniques in person!

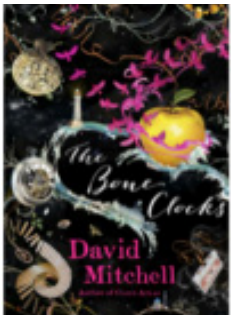
Spring Readings, Sunday, April 26

Help support the literary arts in the New River Valley! Bring friends and family to the Valley Voices Spring Reading at the Blacksburg Library on **Sunday, April 26 at 3:00 p.m.** Winners of the Spring Valley Voices Writing Celebration will perform featured readings of poetry, fiction and non-fiction. Light refreshments will be served.

Book Groups, Discussions, April 27, May 18

This month we'll discuss *The Bone Clocks: a novel* by David Mitchell on **Monday, April 27 at 11:00 a.m.** This title is available in print, on CD, MP3, and electronically as an ebook. If you're interested in participating in any of the MFRL adult book clubs, please just drop in! No commitment is necessary.

All the Light We Cannot See, a novel written by Anthony Doerr, will be the book of discussion for the Talking About Books book group at the Blacksburg Library on **Monday, May**



**18 at
11:00
a.m.**

If you're interested in participating in any of the MFRL adult book clubs, please just drop in! No commitment is necessary.

For a full listing of book groups, including branch schedules, titles and meeting dates, please visit our website at www.mfml.org/book-clubs.php.

Christiansburg Library

Popular Music Programs, June 12, October 24

Christiansburg Library has provided a unique venue for popular music programs since summer 2013 when No Strings Attached performed on the library lawn. Indoor and outdoor performances since then have included Irish tunes performed by Mist on the Mountain; bluegrass favorites by County Connection; roots rock by the The Floorboards; classical guitar selections by Sparky Weintraut; and, most recently, Paul Little and Pete Hastings performing a mix of Gershwin, Hank Williams, Louis Armstrong and Paul's own compositions. Events in the months ahead include Wound Tight scheduled for 7:00 p.m., Friday, June 12, and, on Saturday, October 24, the big band sounds of The Old Pros, with dancing and mocktails. All musical programs are free, made possible by the Friends of the Library.

Books by and about Harper Lee

A wonderful 2014 memoir about Harper Lee, *The Mockingbird Next Door* by Marja Mills, was the April selection of the Evening Book Group. Mills' book has received additional interest due to the upcoming, somewhat controversial, publication of Harper Lee's novel *Go Set a Watchman*.

Discussion of Factory Man, May 6

Beth Macy's book *Factory Man* will be discussed at the library's Talking About Books meeting on Wednesday, May 6 at 11:00 a.m.

Retirement-Related Titles

New retirement-related titles of interest include

Get What's Yours: the Secrets to Maxing Out Your Social Security, by Laurence J. Kotlikoff
Refire! Don't Retire: Make the Rest of Your Life the Best of Your Life, by Kenneth H. Blanchard
What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles, by Martin B. Goldstein.

please turn to page 4

President's Message (continued)

ing it for worms and grubs, and unlike Eliot I'm not looking for the comfort of a forgetful snow. I'm happy to be reunited with my trusty '57 Massey Ferguson, and ready to deposit the seeds ordered in February. My unexpected detour into *The Waste Land* presented (as Eliot reviewers point out) a stark contrast with the sunnier disposition toward April expressed in the early lines of Chaucer's *Canterbury Tales*. I think I choose to side more with Chaucer, but perhaps now in a more realistic frame of mind.

Terry Wildman



Terry Wildman preparing his garden

Buy Experiences, Not Things

According to an article in the October 2014 issue of *The Atlantic*, experiences, such as trips, concerts, and movies, bring people more happiness than do possessions. But why? Here are some research results:

- Experiential purchases are associated with identity, connection, and social behavior. Material things become obsolete or deteriorate. The fleetingness of experiences endears us to them; our memories and stories of them get sweet with time. People don't like hearing stories of our possessions, but they like to hear about experiences.
- Our anticipation and memories of experiences keep our minds from wandering to dark places.
- Waiting for a purchase elicits more impatience than anticipation; waiting for an experience elicits excitement.
- People are less likely to measure the value of their experiences by comparing them to those of others.
- Even a bad experience becomes a good story.

For more explanation, see the article at www.theatlantic.com/business/archive/2014/10/buy-experiences/381132/

Libraries (continued)

Audio Books, eBooks, Video, and More...

Give your eyes a rest by listening to audio books or reading large print books! All branches of the Montgomery-Floyd Regional Library (MFRL) carry a good variety of both audio books (books recorded on CD and MP3 formats) as well as books in big font. Patrons can download eBooks and AudioBooks through OverDrive and One-Click digital; eBooks through 3M Cloud Library and Freanding; movies, music, TV shows, and audiobooks through Hoopla; and digital magazines through Zinio.

Check our website, www.mfml.org for more information. And contact the library for our Book-a-Librarian service if you need assistance using your device.

The information on libraries was contributed by

Elizabeth Sensabaugh Blacksburg Library Supervisor 540.552.8246 ext. 109 400 Draper Road SW, 24060	Pamela Hale Christiansburg Library Supervisor 540.382.6965 phale@mfml.org 125 Shelton Street, 24073
--	---

Montgomery-Floyd Regional Library www.mfml.org

One stop, unlimited possibilities Join us on Facebook



The Lifelong Learning Institute
at Virginia Tech invites you to

AN AFTERNOON RECEPTION

with P. Buckley Moss

May 18, 2015 3:30 pm

The Inn at Virginia Tech

The LLI at VT is an emerging, member-driven, volunteer organization that will sponsor a program of courses, lectures, and events drawing on local, academic, and community resources to provide educational opportunities and intellectual enrichment for active adults in the New River Valley.

After an address from P. Buckley Moss, more information about the LLI at VT and a sneak preview of the Fall 2015 LLI at VT program will be presented.

Information about registration will be posted on the AARP website.

Chapter News and Activities

AARP Blacksburg 2015 Budget

Income

Interest	2
Silent Auction	450
Membership	1,875
50-50 Raffle	125
Health Fair (from savings)	3,300
Holiday Luncheon	1,500
TOTAL	7,252

Expenses

Admin Costs	
Miscellaneous•	100
PO Box Rental	65
VA Corp. Comm.	25
Liability Insurance	112
Website	120
Gifts and Donations	
Charity	3,300
Newsletter	
Bulk Mail Permit	220
Postage	400
Printing	1,050
Program Costs	
Award Plaques	60
Social Events	
Holiday Luncheon	1,500
Hospitality	100
AARP Tax-Aide Program	100
Travel	100
TOTAL	7,252

•Expenses incurred by officers and chairs representing the chapter; small gifts for speakers (applebutter); caring cards

Legislative Report *by Val Coluni and Alison Galway*

AARP Legislative Objectives: Governor McAuliffe has signed major AARP Legislative Objectives for 2015: The **Care Act** (patient protections) and **Work and Save** (a study group to determine how best to help individuals who do not have a pension). These are major achievements for our citizens.

Ethics Reform: The governor did not sign the Ethics Reforms bill because he believes it was not effective enough to motivate appropriate behaviors. He requests the General Assembly to resubmit the legislation with appropriate changes.

Redistricting: The governor did not sign any bills (six submitted to him) because he considers them to be unconstitutional. AARP strongly supported the bill to create an independent redistricting commission, which would have started the process for an amendment to the Virginia Constitution to establish nonpartisan redistricting.

The Assembly will reconvene April 15 to consider the governor's actions and determine if they should revise bills or override his decisions.

Atlantic Coast Pipeline: The governor supports an appropriately located pipeline to attract investments in the state and create jobs in companies that would now feel that Virginia is an attractive place to set up operations. Some proposed pipelines would pass through private property in Montgomery and Giles counties.

Senior citizen scams: Scams continue to be a major problem, especially during the holidays. The "grandparent scam" is a call from a presumed relative claiming an emergency and asking for money. A toll-free federal hotline is now available for reporting scams and getting help: **1-855-303-9470**.

AARP-Sponsored Driver Safety Course

AARP members have a great opportunity to participate in this two-day course on April 30 and May 1, 2015, right here in Blacksburg, at the Community Center on Patrick Henry Drive. The class schedule is 1-5 pm each day. The course fee is \$12 for AARP members, \$14 for non-members, payable the first day of the course.

Completion of the course is good for discounts at participating auto insurance companies, plus there is a lot to learn about safe driving these days.

Call Cecil McBride, the course instructor, to register. He can be reached at 540-552-4396.

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu

Vice President • Don Creamer, dgc2@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott

2016—Tom Alston, Tina King, Sally Anna Stapleton

2017—Pat Hyer, Jerry Niles, Shirley Peterson

Contribute to Senior Chronicles!

Terry Wildman has written one. Don Creamer has written one. Ben Crawford and Jim Wightman have just posted theirs. Several other members are at work. Join them in contributing a "Senior Chronicle"—your reflection on a life experience or your story about how you are living well at 50+. Find out what you learn about yourself by writing. If you are not yet ready to write, get to know fellow members by reading their chronicles at <http://blacksburgaarp.org/>. When you are ready to post, submit your entry to Don Creamer: dgc2@vt.edu.

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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



Serving the greater New River Valley, Virginia

May 19 Chapter Meeting

Say Hello to your AARP Benefits

by Brian Jacks, Associate State Director for AARP's Virginia State Office

In his role as Associate State Director, Brian Jacks directs volunteer programs and community service. Working with local community leaders, he leads programs with volunteers serving on AARP Virginia's Community Outreach Teams in the western parts of the commonwealth. Brian has been employed by AARP since January 2002, and currently serves as the state office lead on the issue of senior hunger. He manages Virginia's Annual Community Food Drive, which raised over 100,000 pounds of food this year. Brian has also overseen educational campaigns that increased intergenerational physical activity opportunities in the greater Richmond area.

Brian has a degree in Industrial Management from Purdue with a concentration in Health Sciences. His favorite physical activities include backpacking in Virginia's wilderness, kayaking on the James River, and sailing catamarans on Lake Michigan.

Program plus: Salvation Army in the NRV, by Kim Rutherford

Kim is Associate Planned Giving Director of The Salvation Army, National Capital and Virginia Division. She will suggest/explain a program that can add to your retirement income through giving. She is from the small Southwest VA town of Grundy. She is working on an MBA at Virginia Tech as well as a Certified Fundraising Executive designation.

President's Message

A Cautionary Tale: Lyme Disease

The intruder is stealthy, totally silent, practically invisible, and it is actively looking for victims. You may have survived multiple encounters with this intruder, but in Virginia the result for increasing numbers of people is anything but benign.

I am not your typical reader of *People Magazine*; in fact I almost never pick it up. One recent cover story in *People* did attract my complete interest, however. This is the story of Avril Lavigne and her "secret health crisis." In the subtitle she says, "I thought I was dying." Well, this does sound like a bit of hype, but someone who knew of my experiences with *the intruder* pointed out the story to Sue, my wife, who advised me to read it. Perhaps you should too. I can confirm with personal experience some of the misery that Avril Lavigne was reporting. Her story, and many others like it, is about one of the fastest growing vector-borne diseases in the country, Lyme disease. (www.people.com/article/avril-lavigne-lyme-disease-bedridden)

Amazingly, just as I'm finishing the above paragraph, a new message pops up on my email. This is my sister in Texas, sending me the following story with the recommendation that I read it now. (www.humanthology.com/lyme-disease/2014/9/15/slyme-disease-how-a-speck-changed-my-life-forever). I did read it right away, so now let me share just a bit of what shows up in my own medical history.

I grew up on a farm, and for most of my life I have lived in areas where ticks flourish. No big deal. For sure they are disgusting intruders, and when attached are

please turn to p. 3

Upcoming Programs and Events

May 18: Reception sponsored by Lifelong Learning Institute (p. 4)

June 16: Chapter picnic and white elephant sale—*save those white elephants!*

September 8: Living Well@50+ conference

No programs in July and August.

Please bring a food donation (a can or box of non-perishable food) to AARP chapter meetings. We will distribute it to the food banks in Blacksburg and Christiansburg.

Volunteer(s) needed

Prepare the monthly newsletter for mailing—pick up at the copy shop, affix labels, complete an online form, and take to the post office—about 2 hours/month. If you can help—perhaps with a friend—contact John Hillison (js.hillison@gmail.com) or Terry Wildman (wiley@vt.edu).



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.

Home Matters: Aging in Place in the NRV

By Nancy Brossoie, Raleigh Priddy, and the Aging in Place Leadership Team

By 2030, the number of persons aged 65 and older living in the New River Valley (NRV) is expected to double. In the more rural and remote areas, older adults will likely represent 25–33% of all residents. Similarly, housing stock in the NRV is aging. In fact, half of all homes in the NRV were built more than 40 years ago. Thus, older residents in the NRV are likely to live in homes that require substantial modifications, upgrades, and repairs to remain habitable in the coming years and are less energy efficient than newer homes.

Ninety percent of older adults want and expect to **age in place**—that is, remain living in their homes, in the communities they love, near their friends and family. Yet, 70% can expect to need some form of healthcare services—services that are currently available and preferable when delivered in home and community-based settings. Home-based care is far less expensive (to individuals, their families, and society) than hospitalization or nursing home admission, which may be needed if care is not provided. To take advantage of home-based care, an older adult's home often needs to be modified or repaired. Yet, most older adults live on incomes that can cover only basic costs of living, not home modifications and repairs.

In recognition of growing housing and service challenges, Successfully Aging at Home in the New River Valley—a grassroots, community-based initiative—was established to meet an unmet and growing need: the ability of residents to age in their homes and communities. The initiative is guided by the **Aging in Place Leadership Team**—a collaboration of eight regional organizations that emerged during the 2010–2013 NRV Livability Initiative:

- NRV HOME Consortium
- NRV Area Agency on Aging
- NRV Habitat for Humanity
- Center for Gerontology at Virginia Tech
- Virginia Dept. for Aging and Rehabilitative Services
- Community Foundation of the NRV
- Virginia Tech School of Construction
- NRV Planning District Commission

Aging in Place Leadership Team activities have included:

2013 Aging in Place Workshop

Over 80 community members met in Christiansburg to discuss the meaning of aging in place and conceptualize

housing options and neighborhood configurations that could extend independence for older adults and foster healthy and successful aging across the lifespan. The housing, neighborhood, and community designs that emerged reflect regional values, priorities, and culture, support resident independence and self-determination, facilitate social interactions, and promote stewardship and conservation of the natural environment.

2014 Aging in Place Workshop

Response to the first workshop exceeded expectations and attendees were eager to delve deeper. A follow-up workshop was held to explore the financial, policy, and decision-making obstacles that traditionally interfere with making our homes and communities truly lifespan friendly. The event was attended by over 130 participants, including community professionals representing aging services and advocacy, housing and community development, local and State government, as well as community members. 25% of attendees traveled from other regions of the state (e.g., Richmond, Charlottesville, Roanoke, and Danville) to learn more about how the NRV was addressing aging in place.

Workshop discussions were robust and led to identification of next steps to effectively promote aging in place in the NRV.

2015-16 Action Plan

Home modifications program. The Community Foundation and its partners (Habitat for Humanity of the NRV, Town of Blacksburg, NRV Agency on Aging, Center for Gerontology at VT) were recently awarded Partners for Places funding to implement an energy and aging home modification program for lower-income older adults in Blacksburg in 2015–17. This project will build cross-sector partnerships to pilot a program of targeted home modifications to facilitate aging in place and improve energy security for vulnerable citizens.

Time Bank (NRV HOME Consortium). A Time Bank is a community-based network of mutual support in which members exchange skills and services instead of money. The Neighbor-to-Neighbor Network time bank for the NRV is expected to launch in Fall 2015. It will not only provide a means to acquire needed help and donate services but will encourage meaningful engagement and connection among all NRV residents.

Regional housing survey (Center for Gerontology at VT). Although some housing data has been collected in the NRV, there is limited information about the condition of homes occupied by older adults. This survey is intended to help uncover the depth and scope of need in the NRV to facilitate growth of home repair and modification programs.

Coordinated and centralized home and community-based service information (NRV Agency on Aging). NRV residents should be able to locate and access local services (regardless of payor source) to assist them in living safely and with as much independence as possible while remaining in their homes as they age. Plans for developing a centralized resource center from which providers and residents can obtain community-based service information are underway.

Land use and development policy (NRV Planning District, Town of Blacksburg, Community Housing Partners). Home design is critical, but beyond the home itself, neighborhood design can either hinder or facilitate successful aging. Our objective is to translate the visions developed in the HOME Matters Guidebook into action and spur real changes in the way housing is designed and built in the NRV.

AARP Age-Friendly Community certification (NRV HOME Consortium and Center for Gerontology at VT). The Age-Friendly Community (AFC) certification implies commitment toward improving the lives of residents regardless of age, disability, or need. By embracing this mission, the NRV will be better positioned to: address changing demographics caused by the aging of residents and the outmigration of younger adults; respect inclusion and diversity among residents; reach out to builders and developers to educate them on why supporting AFC objectives supports their business; and plan for and adapt lifespan friendly communities.



A guidebook for lifespan friendly homes, neighborhoods, and communities in the NRV can be downloaded at <https://nrvhome.files.wordpress.com/2014/06/home-matters.pdf>.

To learn more about these efforts, please contact

Elisabeth Willis - EWillis@blacksburg.gov

Tina King - tinaking@nrva.org

President's Message *(continued)*

reluctant to let go. Tick checks are important but in reality they are hit or miss for most of us. No big deal...until it is.

First sign was a rash on one thigh, another starting on the other leg. A long motorcycle trip was coming up. Better see my doctor. After a quick look he left the room and returned with a document showing exactly the pattern we were seeing...a "bulls-eye" pattern. Bypassing the available Lyme test, I was put on Doxycycline, and two days into the trip the rash was disappearing. Again, no big deal...until it is.

Time for annual physical, summer 2011. Reported something new. Severe knee pain in a partial squat position. Initially passed off as just something to deal with; why should a guy my age be doing full squats anyway? Ok, guess I'll just deal with it. Two weeks later I was back at the clinic. No way I'm just dealing with this. Plus, by now some other suspicious symptoms are becoming apparent. In the service of brevity, lets just report that over the next couple of months I visited an orthopedic surgeon, did about six week of rehab with no benefits, visited a rheumatoid arthritis specialist with nothing showing from her tests.

In the meantime I've been doing some research of my own, and becoming increasingly convinced that we were missing something important—the Lyme disease angle. The symptoms are now worse, knees in very bad shape, wrist joints painful, lower abdomen muscles very sore, and elbows are in pain. Plus, I've had a couple of tick bites, but no tell tale bulls-eye rash pattern.

There is more circumstantial evidence. A close neighbor, young teenager, is in bad shape with no energy, sleeps most of the day, and then develops bells palsy. Lyme disease is confirmed but only after his mother and sister did considerable research of their own and forced consideration of Lyme. Treated with Doxycycline, he got better. One of our dogs was treated as well, and any local vet in my area will tell you that testing positive for Lyme is almost an epidemic among dogs. (Note that in the Amy Tan story, she comments that the surest way to tell if your area is a hot spot for Lyme is to check with local vets.)

With my symptoms worsening I did finally receive a Lyme test (it was positive) and was treated with antibiotics for a month. At the very end of that month the symptoms finally receded. Then about a month later the symptoms returned, and I was back on Doxy for two months. Near the end of the two months, and only at the end, I noticed some relief and finally I returned to normal. Double relief because the Doxy was killing my stomach.

Just to clarify, the effects of chronic Lyme are not just irritating, they are close to disabling. It was difficult to dress

Notes from the Public Libraries

Develop a Hobby at the Blacksburg Public Library

Are you interested in considering a new sport or hobby? MFRL is a good place to start exploring your opportunities for a new and different kind of fun. From fly-fishing to quilting, we'll be offering a variety of programs that will inform and entertain you in May and June.

Fly Fishing and Fly Casting Basics May 26, 6:30 pm

This workshop (for all levels of experience) will be presented by Trout Unlimited members Pete Jackson and Lynn Hayes. An understanding of the techniques and fundamentals can make learning easier and more enjoyable. The evening will bring laughter and fun, and the presenters will provide the necessities for everyone to have a chance to cast and test their new skills--although you'll have to imagine the water and fish yourself.

Quilting Workshop June 5, 5:30 pm

Would you like to explore your handiwork at creating a small quilt? The Textile Artists of Virginia (TAVA) will provide all the necessary supplies for creating a fabric postcard suitable for mailing, framing or hanging. All you have to do to participate is reserve a spot by calling 540-552-8246 or emailing Cathy Prati at cprati@mfrl.org. Attendance is limited to 20 crafting participants, so please don't wait to sign up. You are welcome to come observe the new hanging art work and the hands-on quilting process.

Travel back in time with the Mason Jar Time Capsules, on display in the glass cabinet through June. Local artist Matthew Dowdy began his mason jar time capsule project in 1996 when his grandmother suggested he store and display small knick-knacks and other little treasures in an old mason jar. Take a trip down memory lane!

Elizabeth Sensabaugh, esensabaugh@mfrl.org

Learn About Health in Christiansburg

On two Tuesdays in May, the Christiansburg Library will offer opportunities to learn from health professionals.

Body's Structures May 19, 6:30-8:00 pm

Lee Matthis, Doctor of Chiropractic, and Jennifer Ivey, a Licensed Massage Therapist, will talk about the how to maintain your body's proper structure so that your body's functions do not suffer.

Stress, Blood Chemistry May 26, 6:30-8:00 pm

Dr. Matthis and Janelle Anderson, Licensed Health Coach, will discuss how to decrease "stressors" in your life, and the significant role that blood chemistry plays in chronic stress-related diseases.

New Book For those of us who enjoy books about the English language, *Alphabetical: How Every Letter Tells a Story*, is British poet and radio host Michael Rosen's delightful romp through the Roman alphabet. You may remember reading to your children or grandchildren, *Going On a Bear Hunt*, Rosen's award-winning children's book of twenty-six years ago. His new adventure takes adults on a letter hunt, and concludes with some fun and challenging alphabet games.

Pamela Hale, phale@mfrl.org

President's Message (continued)

myself, almost impossible to turn over in bed, and when sliding from my drivers seat to the ground the pain was shocking. Only with a number of shuffling steps was I able to resume anything resembling a normal stride. Fortunately, I was able to avoid the neurological issues that are often associated with untreated Lyme Disease.

The tricky thing about Lyme is that it can mimic other possible diseases in the symptoms that show up. There is great controversy about Lyme. Some doctors apparently don't believe in it, and in some states only a handful of doctors (they're referred to as Lyme doctors) are even available to treat the disease.

So, just be aware. The intruder, that clever little tick, can find you almost anywhere in the US, but particularly in our area, and you may never know what havoc it has caused until too late. The trick is quick diagnosis and treatment, but that can be elusive. The *People Magazine* article above concludes with access to a lot of helpful information, some from the Centers for Disease Control. Thankfully, the intruder and what it can do is under much greater scrutiny these days.



The "intruder" — a deer tick, about the size of a sesame seed

Terry Wildman

The Lifelong Learning Institute at Virginia Tech invites you to

An Afternoon Conversation with P. Buckley Moss

3:30 pm, Latham Ballroom C, Inn at Virginia Tech, 901
Prices Fork Road

After an address from P. Buckley Moss, information about the Lifelong Learning Institute and a sneak preview of the fall program will be presented.

RSVP by May 15: <http://tinyurl.com/085lfgl>

Chapter News and Activities

Tax-Aide Program Serves 1,188

Your AARP Tax-Aide site was very busy during the 2014 tax filing season. Here is what we accomplished:

18—volunteers doing tax counseling and greeting clients

1,188—clients

955—federal and state returns prepared

12—amended returns

224—question and answer

28% of our clients were new this year.

61.5—average age (range 16 to 106).

53% were single

40% were joint returns

2% were married filing separately

5% were Head of Household

The AARP Tax-Aide Program always needs volunteers to help prepare tax returns. If you (or someone you know) would be interested in learn-

ing more about this program, please get in contact with Pat Ballard, pballard@vt.edu, or 382-1189.



Pat Ballard, Tax-Aide Program Coordinator

Legislative Report *by Val Coluni and Alison Galway*

Ethics Reform passed in special session approving, among others, the \$100/year aggregate gift cap, a definition of “widely attended events” to not include entertainments, include an executive branch representative appointed by the governor and allow former, not just retired, judges on the ethics council. The GA rejected amendments, among others, concerning travel expense for official public business and disclosure exemptions, broader definitions of personal friend and immediate family, and a process for random inspections of disclosure forms.

Redistricting: Correction to April 2015 report. All six bills AARP supported asking for independent redistricting died in House committees. The Governor vetoed several local redistricting bills as unconstitutional in timing mid-Census.

Transparency Virginia is a volunteer coalition of 29 non-profit groups with the goal of increasing public participation in government by more transparency and accountability in the governing process: timely access to scheduled committee meetings, recorded and published votes on all bills. The legislative calendar provides some information on committee meetings and hearings, but these can be cancelled without notice or others scheduled and held at the last minute. 76% of bills were killed in committee or subcommittee (often by unrecorded voice vote), reassigned and never placed on an agenda, or never got a hearing at all.

WIN Voting Machines have been decertified by the Virginia Board of Elections due to potential security problems with the wireless feature and the lack of a paper verification of individual votes. Montgomery County has most precincts already using Op-scan paper voting and should be able to cover all precincts by November 2015 elections.

Senior Citizen Scams: The latest scam is calls suggesting that the recipient is in violation of some law and must give out information and/or pay a fine immediately. Do not do this. All government agencies correspond by written letter, never demand payments over the phone or by email, and never ask for your identifying information.

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu

Vice President • Don Creamer, dgc2@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott

2016—Tom Alston, Tina King, Sally Anna Stapleton

2017—Pat Hyer, Jerry Niles, Shirley Peterson

Caring Committee Seeks Information

Margaret Kates has given up her role as chair of the Caring Committee. Violet Drake has assumed that role. (Thank you, Margaret, for your service during the past few years!)

The most difficult part of this job is finding out who among our membership, for whatever reason, needs to receive a sympathy, congratulations, or get well card. Violet would like for members to let her know of any occasion where such an expression of caring is needed. Contact Violet at 540-552-2807, or at vsdrake28@gmail.com.

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

**Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32**



Member Application for 2015

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

***Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:***

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

Serving the greater New River Valley, Virginia

June 16 Chapter Meeting

We're having a picnic!

The next chapter meeting will be at Nellie's Cave Park on June 16 at 11:30 am. Please bring a dish to share for the lunch and a white elephant for the auction fund raiser. Drinks, plates, and tableware will be provided by the chapter.

Our auctioneer will be Curtis Eastridge from the Rec Center. Come prepared to bid because someone's donated white elephant may be just what you can use. Senator John Edwards will be our guest if his court schedule permits. Several members from the Model A Club will display their antique cars (weather permitting).

This event is good food and good fun.

Karen Roberto Named University Distinguished Professor

Congratulations to AARP Blacksburg Chapter member Karen Roberto for being named a University Distinguished Professor. This rank, given to no more than 1% of the faculty, recognizes scholarship that has attracted national and international recognition.

Karen, described as a "pioneering social gerontologist," studies rural older women, family relationships and caregiving, elder abuse, and coping with chronic conditions such as osteoporosis, pain, falls, and cancer.



Karen Roberto

President's Message

Mid-year reflections Terry Wildman

Wednesday, June 3, 6:30 am. Left the Monteleone early to beat the heat, enjoy the relative quiet on the streets, and, importantly, find a coffee shop. Right on Toulouse, left on Chartres, another right on St. Ann. Got to love these streets, which after many visits seem like old friends—Dauphine, Iberville, Bienville, Royal, and the like. Lots of treasures to be found down these streets, if you like art, food, drink, funky clothing, masks, voodoo artifacts, and interesting people, once you separate out the tourists of course. And music! Jazz, blues, Cajun. At night all three can be heard on a single street, and in certain venues the best of the best can be found.

Arriving in the vicinity of Jackson Square without passing a coffee and pastry shop I'm left with the option of Café du Monde if I want coffee and something sugary right now, which I do of course. Good coffee, but with mostly tourists here the people watching is not that great. So, I turn to composing my monthly message for the Chapter's June newsletter, which is due, well, right now. Some reflection on the year thus far seems like a good idea, particularly since we're about to enter the summer break, after which there are only four months left in 2015.

The highlight for me, here at AARP Blacksburg, is all about working with a lot of good people. What do I like about this? Well, I'm kind of partial to working

please turn to p. 3

Upcoming Events

Sept 8: Living Well@50+ conf.
Sept 13: Food Drive
No programs in July and August.

Volunteers needed Food Drive

The AARP statewide annual Food Drive will be celebrated this year on Sunday, September 13, from 11 am to 4 pm at the Main Street Kroger store in Blacksburg. Our chapter Community Service Committee is looking for volunteers to collect food on that date in 2- or 3-hour times slots. Please find it in your heart to volunteer and help us make this the biggest collection day! Contact Sally Anna Stapleton (sanna418@gmail.com) to volunteer.

Caring Committee Seeks Information

Violet Drake, chair of the Caring Committee, seeks information about members who need to receive a sympathy, congratulations, or get well card. Contact Violet at 540-552-2807, or at vsdrake28@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 am.

Lifelong Learning Institute to Begin Fall 2015

Plans for the Lifelong Learning Institute at Virginia Tech, to begin in the fall of 2015, are almost complete. Registration for courses will open August 17. If you have not already added your name to the online database and are interested in participating, please go to www.cpe.vt.edu/lifelonglearning/ to sign up. Or phone Jessica Brow at 540-231-4140. People in the database will receive a course catalog in August and announcements of special events.

The Lifelong Learning Institute at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley to provide intellectual, cultural, and social experiences for curious adults 50 and older.



Fall Courses

The fall courses will begin the week of October 5 and conclude before Thanksgiving. Courses will meet one day per week, 1 ½ hours per session, generally for six weeks. Courses will meet at various locations. The course catalog will include the details.

The program committee is still reviewing course proposals, but they have approved these courses so far (instructors in parentheses):

The Rise and Fall of Arab Nationalism (William Ochsenwald)

Memoir Writing: Turning Your Experience into Art (Richard Gilbert)

Tracing Your Family Genealogy (Linda Phillips)

The Civil Rights Struggle in Virginia (Peter Wallenstein)

The Role of Inspiration in the Creative Process (NRV artists – Janet Niewald, Joni Pienkowski, Kent Holliday, Donna Dunay, and Nikki Giovanni)

Understanding Science in the News: Technological Innovations (leading researchers in robotics, drones, nanotechnology, and more)

Reflections on the Union, Confederacy, and the Civil War (Jack Davis)

In addition, VT CLASS will continue to provide a sampler of presentations and topics at Warm Hearth.

Membership Details

The membership fee for this first year of the LLI will be \$20 for each term (fall, spring).

An additional fee for each course will generally be \$25.

Free events will be scheduled for members each term.

Invitation to Volunteer

If you are interested in offering a course in the spring term or later, please contact Pat Hyer (hyerp@vt.edu) or Judith Jones (judith@vt.edu) to discuss possibilities. Volunteers may also assist in classes or with office support. If you are interested in these possibilities, please contact Jessica Brow (jbrow@vt.edu).

Living Well @50+

Conference Registration Opens

Registration for the September 8 “LivingWell@50+” conference is now open at this website: www.cpe.vt.edu/livingwell/. Participants may register online or use the paper registration option on the “Registration” tab at the website. Call 231-9489 for assistance.

The conference, from 8:30 am to 2:30 pm, includes an Opportunity Fair with information on organizations and activities in the New River Valley, two general sessions (“Mindfulness” and “Curiosity”), and two workshop sessions. Participants may choose from seven options at each workshop session, including a preview of fall LLI courses during each session. Details of these sessions are available at the website.

The conference fee of \$30 includes lunch, breaks with light food service, and conference materials.

Eight sponsors, led by the Blacksburg AARP chapter, have come together to host LivingWell@50+, a wonderful collaboration of organizations and agencies in the New River Valley serving adults 50+.

- AARP Blacksburg
- AARP Virginia
- Edward Via College of Osteopathic Medicine
- New River Valley Agency on Aging
- Lifelong Learning Institute at Virginia Tech
- Warm Hearth Village Retirement Community
- Center for Gerontology, Virginia Tech
- Virginia Tech Retirees Association

President's Message (continued)

with friendly folks, and for our chapter I'm certainly willing to check that box. If you're out there thinking about recruiting a friend, neighbor, colleague or family member to join our group, put that notion at the top of your list. Looking at our monthly meetings for example, the atmosphere, if I had to describe it, is kind of a quiet, easy going affair where folks seem to like seeing each other, enjoying a bit of time together, perhaps learn something, and leave in most cases with no homework. What's not to like about that, and it takes about the right amount of time.

Even more impressive is how folks work with each other when there are things that need to be done. We have a fairly large group of folks, twenty or so, counting officers, board members, committee chairs, and several in liaison roles, who basically keep the chapter functioning. A couple of years ago when I reluctantly agreed to get in line for my current role as president of the chapter, a well-known slick talking officer of the chapter (not to be mentioned here) nudged me along this slippery slope with the assertion that the president's role is the easiest of all since the committee chairs do all the work. Despite this being a clever selling point, it is just about all truth.

Keeping the chapter going in a responsible way does involve a number of tasks and moving parts, and the details on this can be found at the chapter website. What can't be seen so easily for those not present at our monthly board meeting is the manner in which folks both perform their individual roles *and* fit into and care about the chapter's total functioning. I said earlier that I like *friendly* folks, and now lets also check off the box that says *cooperative*; I, like most of us, like that too. One more necessary ingredient, and you have a nicely workable organization that achieves a lot and clearly has during its history. That other ingredient is *competence*. When you look at our chapter, it is composed of a lot of folks who simply know how to get things done and have long histories of doing just that across many different kinds of pursuits. Our recent recruiting in some key roles is evidence that we can keep this going in the future.

Finally, by now most everyone in the chapter knows of our conference, *Living Well@50+*, that is scheduled for Tuesday, September 8. More information can be found in this newsletter, the chapter's website, and increasingly from a number of other sources as we move toward September 8. Again, what will not be apparent to all is the underlying story of the conference—how it was

conceived, the planning group that was formed including a number of partners beyond the chapter itself, and the way this group worked together under the leadership of Don Creamer and Pat Hyer. I don't have space to tell that story here, but certainly all the characteristics of people working together, friendly, cooperative, and competent have to come into play for things to work the way they have. Thinking about this more as I'm writing leads me to one more ingredient that now also seems necessary for an organization like ours to work well and stay healthy, and that is *dedication*. We simply have a lot of dedicated folks involved in AARP Blacksburg. Not that everyone has to be totally dedicated all the time, but enough do a lot of the time to keep us moving forward.



So, pass the word. This is a pretty good organization to be involved with. I'm certainly pleased that someone asked me to get involved a few years ago.

And now, with summer upon us maybe I'll see you out there on the road somewhere. Please keep an eye out for us bikers!

Facts about Seniors (from AARP Fact Sheets)

Total number of AARP members in Virginia	1,037,897
Social Security beneficiaries in Virginia	1,384,419
SS recipients who rely on SS for 90% or more of their income	20.6%
SS recipients who rely on SS for 50% or more of their income	42.3%

Nationally, for Americans 65 and older, 1 in 6 lives in poverty, and half of those 65 and older had annual individual income of less than \$18,500.

Summer Reading Suggestions from the Public Libraries

by Elizabeth Sensabaugh, Pamela Hale

Blacksburg: New Large-Type Fiction

New Large-type Fiction is received monthly, and below are a few titles new to the collection that might interest you. Lewis B. Patten brings you a western about a reluctant gunfighter and a former buffalo hunter in *Lawless Town*. If mysteries are more your speed, try Sheila Webster Boneham's newest release *Catwalk*, an *Animals in Focus Mystery*. For a new fantasy, try Sebastien De Castell's newest book *Traitor's Blade* in which a disgraced swordsman fights for his own personal redemption. Linda Lael Miller brings you a taste of romance with *The Marriage Charm*.

Christiansburg

An interesting new nonfiction title, *One Nation, Under Gods: A New American History* by Peter Manseau, is described as "engagingly written, with a historian's eye for detail and a novelists' sense of character and timing. Christopher Columbus, in this telling, is not nearly so interesting as contemporaneous Moorish and Jewish conquistadores who were already accustomed to cultural pluralism; Mormon founder Joseph Smith was influenced not so much by revivalist Protestantism of western New York as by the legacy of the Iroquois spiritual leader Handsome Lake; and the Salem witch trials are evidence of Puritans' inability to stamp out persistent folk beliefs and practices from the Old World."

Want to buy a good book?

The Christiansburg Library has recently provided more space for the Friends of the Library book sale. The next time you're in to check out a book or DVD, check out the book sale for great buys in all kinds of books, from classics and popular novels to history, biography, do it yourself, and more.

Garden Tour July 11, 9 am – 5 pm

The Annual New River Valley Garden Tour showcases innovative, specialty and simply beautiful private gardens in the New River Valley each July. The event is sponsored by the Friends of the Library with the cooperation of the New River Valley Master Gardeners' Association. Tickets are available in advance from any of the branch libraries (Blacksburg, Christiansburg, Meadowbrook, Floyd, Radford, Salem, Roanoke) for \$12 or at any of the gardens on the day of the tour for \$15.

This year's tour will feature seven gardens in Riner and Christiansburg. mfrlfriends.org/gardentour.html

Summer HD Broadcasts, Free Films...

Exhibitions on Screen, Regal Cinema, Christiansburg

6/23	Girl with a Pearl Earring	7:00 pm, \$15
	The Mauritshuis Museum in The Hague	
7/14	The Impressionists	7:00 pm, \$15
	From Paris, London, and Philadelphia	

For more information, see www.fathomevents.com.

Classic Movies, The Lyric Theatre, Blacksburg

6/13, 6/17	To Kill a Mockingbird	3:00 pm, free
7/11, 7/15	Funny Girl	3:00 pm, free
8/15, 8/19	Duck Soup	3:00 pm, free

Film Schedule, The Lyric Theatre, Blacksburg

6/5–11	The Age of Adaline
6/12–18	Far from the Madding Crowd
6/19–25	Ex Machina
6/26–7/2	Clouds of Sils Maria

July films include *I'll See You In My Dreams* and *Mad Max: Fury Road*.

Concerts, Festivals, Art Exhibits

Brochure of summer arts activities in Blacksburg

issuu.com/artscenteratvt/docs/0617_cfa_2015_summer_arts_virginia

Virginia Tech School of Performing Arts

www.performingarts.vt.edu/
Armory Art Gallery, Perspective Gallery
"Fancy Nancy: The Musical," June 20–21

Moss Arts Center, Virginia Tech

www.artscenter.vt.edu
exhibitions, artist talks, readings
The Kruger Brothers, June 12
Virginia Cheese Festival, June 13, 11–4
The Crooked Road, June 19
Grand Voices from Opera and Broadway, June 20
Chamber Series, June 21–25, 28
Puccini, *Madama Butterfly*, June 27, 7:30 pm

Town of Blacksburg / Downtown Blacksburg

Friday concerts, Henderson Lawn, 6 pm
Market Square Jams, Wednesdays June 10–August 26,
8–10 pm, Farmer's Market
Summer Solstice Festival, June 20, 1–11 pm
Independence Day Celebration, July 4
Art at the Market, July 18, 9–2, Farmer's Market
Steppin' Out street festival, August 7, 8

Town of Christiansburg

4th of July Celebration
Montgomery Museum Heritage Day, Aug 22, 10–3
Senior trips
va-christiansburg2.civicplus.com/index.aspx?nid=797

Chapter News and Activities

Advocacy Report *by Leslye Bloom*

On April 21, 2015, Federal Advocacy committee members Ben Crawford and Leslye Bloom visited the offices of Representative Morgan Griffith in Washington DC via his aide Adam Harbison to discuss:

- Reauthorization of the Older Americans Act through 2018—which funds programs like Meals on Wheels.
- Safe Streets Act—Seniors were 14% of the population but they accounted for nearly 20% of pedestrian fatalities in 2013.
- The Bipartisan Congressional Assisting Caregivers Today (ACT) Caucus—the new bipartisan caucus will be focused on bringing greater visibility to the value and need to support family caregivers, the challenges and opportunities individuals of all ages face as they seek to live independently, and the need for solutions.

The team conveyed AARP's thanks for help passing the "Doc Fix" to repeal and replace Medicare's flawed formula for reimbursing doctors with an improved payment plan. With President Obama's April 21 signature of the Medicare and CHIP Reauthorization Act (MACRA), Medicare beneficiaries can finally feel more secure in knowing that they can keep seeing their physicians each year. See blog.aarp.org/2015/04/21/aarp-applauds-fix-for-medicare-payments-to-doctors/ for more information.



L-R: Stan Botts, Ben Crawford, Adam Harbison and Leslye Bloom

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
Vice President • Don Creamer, dgc2@vt.edu
Secretary • Sally Anna Stapleton, sanna418@gmail.com
Treasurer • Pat Ballard, pb Ballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott
2016—Tom Alston, Tina King, Sally Anna Stapleton
2017—Pat Hyer, Jerry Niles, Shirley Peterson

Legislative Report *by Val Coluni and Alison Galway*

Local Tax Increases

On May 26 the Christiansburg Town Council unanimously approved increases to the town taxes:

Real estate: 13¢ to 16¢ per \$100 assessed value.*

Monthly water rate (as of June 1) increased \$19 to \$21 per first 4,000 gallons.

Sewer and water connection fees each increased \$2,500 to \$3,000.

On 4/28 the Blacksburg Town council voted 5–2 to increase the real estate tax to 25¢ per \$100 assessed value (an increase from 22¢).*

**Town real estate taxes are in addition to the Montgomery County tax rate of 89¢ per \$100 assessed value, which the Board of Supervisors did not increase this year.*

Virginia Assembly Senate Race for District 21

Virginia Senate District 21 includes Roanoke City (almost ½ of district voters), Montgomery County (⅓) and the rest in Roanoke and Giles Counties. A 3-way race (D-R-I) for the seat appears to be forming.

Donald Caldwell, Commonwealth's Attorney in Roanoke since 1979, has filed paperwork to run as an Independent in the November 2015 race. He plans to announce in early June if he will actually run. "I want to get away from the dogma of both parties and get back to serving the reasonable people on both sides..." He did not have a website at the time this report was written.

Nancy Dye is running as a Republican. Dye is a retired surgeon (in a Gastroenterological practice with her husband) interested in jobs, education, the economy ("I see crippling the coal industry as really hurting the middle class") and healthcare "...without interference from politicians." After retiring in the 1990's to raise her 3 children, she became active in civic efforts and on boards in the community. See more at www.nancydye.com.

John Edwards has been Senator (D) since 1995. "My focus continues on improving the quality of life for the future.... I have worked to help bring Amtrak to Roanoke and the New River Valley. My crowdfunding legislation, that was just signed in to law, will help create new 21st century jobs right here at home. I will continue to work for our students—whether it's expanding the Roanoke Higher Education Center, making college more affordable, or making sure educators have the resources to teach our children." See more at johnedwardsva.com/index.shtml.

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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



Real Possibilities
in the New River Valley

Blacksburg Chapter

NEWS

August-September 2015
Vol. 32 • No. 7
www.blacksburgaarp.org

Serving the greater New River Valley, Virginia

September Chapter Meeting

Living Well@50+ Conference

The Living Well @ 50+ conference on Tuesday, September 8, will count as our September chapter meeting.

The conference, from 8:30 am to 2:30 pm at the Inn at Virginia Tech, includes two general sessions (“Mindfulness” and “Curiosity”), and two workshop sessions. Participants may choose from seven options at each workshop session. Details of these sessions are available on page 2 and at www.cpe.vt.edu/livingwell.

The conference will also include an Opportunity Fair with information on organizations and activities in the New River Valley.

The conference fee of \$30 includes lunch, breaks with light food service, and conference materials.

Register by September 1 at
www.cpe.vt.edu/livingwell

AARP Blacksburg hopes to offer a similar conference every other year, alternating with the health fair.

Conference Schedule

8:30–9:30	Registration Opportunity Fair open
9:30–10:15	Opening Session and Address <i>Living Well Through Mindfulness</i>
10:30–11:30	Workshop Session I
11:30–12:00	Coffee Break with light food service
12:00–1:00	Workshop Session II
1:00–2:30	Lunch and Closing Address <i>Curiosity Killed the Cat... What Can It Do for You?</i>

President’s Message

Summertime

Terry Wildman

*Summertime,
An’ the livin’ is easy
The fish are jumpin’
And the cotton is high...*

Ah, the good old days of summer. Whether your favorite version is by Ella Fitzgerald, Janis Joplin, or any of the dozens of other artists who have sung Gershwin’s famous song, the tune can stick in your head and perhaps induce some nostalgia for the easy going days of summer.

When was that we might ask? Well, for all of you who will be reading this, let’s hope you’re having the kind of summer where just a bit of the easy livin’ has touched your life. Granted, a little hard to achieve sometimes with all the *stuff* that seems to grab at every moment of time.

I do remember with some clarity a time when life seemed really slow, when the summer heat drove me to the shade, and to the comfort of a hammock with a good book. That would have been in the very early 50’s when as a seven, eight, nine year old I had not yet been inducted into the more adult appropriate tasks on our farm. I was a voracious reader then and escaping to a quiet place to read was just perfect when I could get away with it.

Alas, those idyllic times passed quickly and from age 10 and up the progression to adult level work progressed rapidly. Farm life was a good life to be sure, but it would not be described as easy, ex-

please turn to p. 3

Upcoming Events

- Sept 8: Living Well@50+ conf
- Sept 13: Food Drive
- Oct 20: Presentations by candidates for state offices
- Nov 17: Activities & facilities for people 50+ in the NRV

Volunteers needed Food Drive

The AARP statewide annual Food Drive will be celebrated this year on Sunday, September 13, from 11 am to 4 pm at the Main Street Kroger store in Blacksburg. Our chapter Community Service Committee is looking for volunteers to collect food on that date in 2- or 3-hour times slots. Please find it in your heart to volunteer and help us make this the biggest collection day! Contact Sally Anna Stapleton (sanna418@gmail.com) to volunteer.

Caring Committee Seeks Information

Violet Drake, chair of the Caring Committee, seeks information about members who need to receive a sympathy, congratulations, or get well card. Contact Violet at 540-552-2807, or at vsdrake28@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 am.

Workshops: Living Well @ 50+ Conference September 8

Sign up for workshops when you register for the conference. See more information on topics and presenters at www.cpe.vt.edu/livingwell

Session I: 10:30–11:30

1. Laughter Never Gets Old: Improvisation 101

Join others in a session of fun exploratory mental and physical games and exercises that will give insight on how to tap into your own creative expression, promoting “thinking outside the box,” sharpening your creative expression, and helping to release the inner critic... all the while feeling the freedom to laugh, laugh, laugh.

2. Introduction to Mindfulness Practice

Mindfulness consists of cultivating awareness of the mind and body and living in the here and now by observing, watching, and examining—and helping us become aware of ourselves. This experiential program will provide opportunities to both practice mindfulness and engage in a dialogue about how it can be integrated into our lives to enhance well-being.

3. Optimizing Your Health Across the Lifespan

What does science tell us about healthy aging? This session will review an important evidence-based framework for aging and health.

4. Staying in Touch with Family and Friends: Facebook 101

Are you missing out on news and photos from friends and grandkids? Come learn the basics of Facebook so that you can navigate this popular site safely and comfortably.

5. Appalachian Spring Initiative— Outdoor Recreation as an Economic Driver for Southwest Virginia

Join Stephanie Otis to learn about outdoor recreation as an up-and-coming sector of Southwest Virginia’s creative economy. Otis is part of the Appalachian Spring initiative, which focuses on outdoor recreation as a primary driver for community and economic development. Appalachian Spring covers 19 counties and 4 cities to enhance partnering efforts that raise awareness of the region’s creative assets such as traditional music (The Crooked Road) and artisan craft (’Round The Mountain), and Southwest Virginia’s outdoors.

6. Finding Your Passion in the Arts

The creative arts offer a wide range of new challenges and opportunities to explore talents and abilities. Panelists share their experiences and discoveries in their artistic pursuits since retirement in theater, glass, writing, and music.

7. Life of the Mind: Taster Sessions for the Lifelong Learning Institute at Virginia Tech

The Lifelong Learning Institute at Virginia Tech will launch its first semester of courses, lectures, events, and trips in Fall 2015 for adults 50 and up. Several of the instructors will give previews of the courses they will teach in the first term.

Session II: 12:00–1:00

1. The Crooked Road – Music from the Mountains

This session will explore the opportunities available to enjoy the region’s heritage music, as a listener, dancer, musician, or all three. Both live and recorded examples of heritage music will be presented. The Crooked Road celebrates and promotes the musical traditions that have been kept in Southwest Virginia families and communities for generations including old time, bluegrass, gospel, blues, and more.

2. Taiji for Everyone

This session will cover 5 basic Taiji motions that are easy to learn and remember. These 5 movements are the basic building blocks of Taiji and can be done seated or standing. Taiji is very gentle exercise that improves your balance, among other health benefits. No sweat and no special clothes needed.

3. What’s Really in Our Food?

Following a brief presentation, take a self-paced mini-tour of demonstration tables of informative displays on food content. What you see might surprise you when you take a closer look at our favorite foods!

4. So What’s a Blog and How Do I Do One?

Blogging is an online journal—it’s a great way to chronicle a trip or your daily adventures and thoughts. In a hands-on workshop, learn the basics on how to set up a blog for yourself and see how it can be used to share your writing with the world.

5. Great Ways to Enjoy the Outdoors in the NRV

Learn about opportunities for hiking, birding, canoeing, kayaking, gardening, cycling, and more from representatives of hiking clubs, canoeing and kayaking, NRV Bird Club, NRV Master Naturalists, Virginia Native Plant Society, NRV Mushroom Club, NRV Bicycle Association, NRV Mountain Bike Association, RIDE Solutions of NRV, and Master Gardeners.

6. Wine, Food and the Good Life: A Tasting Experience

Participants will explore what to look for in wine characteristics, how those characteristics relate to grape type, region, weather, handling during production, age, and the like. Several wines, white and red, will be used in the session to illustrate some important features to look for, including pairing wine with food and uses of wine in cooking.

7. Life of the Mind: Taster Sessions for the Lifelong Learning Institute at Virginia Tech

The Lifelong Learning Institute at Virginia Tech will launch its first semester of courses, lectures, events, and trips in Fall 2015 for adults 50 and up. Several of the instructors give previews of the courses they will teach the first term.

cept maybe when imagined to be so years later when caught in a nostalgic moment. Back to Gershwin's lines for a moment, I can easily confirm from early pictures that my mother would be considered good looking, but my daddy was not rich as we were usually reminded when our "wants" got out of hand.

1953/54. 1953 and the livin' really was not easy during that awful summer. A major drought emerged across Virginia and the main source of our livelihood, tobacco, barely reached waist high. This was not good, but the worry it produced was not visited upon the kids except in perhaps some vague way. I mention this now because I was just recently reminded of that connection with my current life.

Following the 1953 debacle ('54 was dry too) my father took action, as did many farmers, and purchased an irrigation system composed of 3- and 4-inch diameter aluminum pipe, various U and T joints, valves to control water flow, water guns, and a tractor driven pump. Water supply was the next issue. In '54 we dammed a creek and pumped from it, but also started a pond-building program supported in part by a government conservation program. Since '54 there were many more dry summers, but none that could not be survived with irrigation.

Of course, irrigation added one more element to the massive labor already associated with tobacco growing. It was a kind of love/hate thing. The work became more like drudgery as dry spells dragged on, but the water sure was nice.

So, around 20 years ago, after having built a nice-sized pond on our current property, my thoughts turned to the problem of getting pond water the 600 feet or so up to my garden that, from time to time, suffered from the same affliction as the 1953 tobacco crop. I had the tractor, the pond, and, of course, the years of experience to know exactly what to do with irrigation equipment.

As luck would have it a retired tobacco farmer near the family farm had for sale basically the same system my father has purchased in 1954. Aluminum does not rust, so I purchased the system, replaced all the rubber gaskets, added a new primer for the pump, and was ready to go. By the way, Mid-Atlantic Irrigation in Farmville, Virginia, still sells parts for all this old stuff.

The pump pairs well with my '57 tractor, and the rest of the system works about as well as I remember it working in '54. Using it once again just days ago (you've probably noticed late July and early August were a bit dry) it was



hard not to feel the connection with those early years. Truth-be-told, as nostalgic as it is, I would just as soon let the pipe continue to rest on the wagon. But, the water sure is nice. And the corn is happy. And my neighbors like that a lot.

So, let's all enjoy the remainder of our summer, whatever it brings, and ...

**Please don't forget our conference on September 8!
Register by September 1 at www.cpe.vt.edu/livingwell/
See you all then!**

AARP United Earns 4 Medals in Summer Solstice 5K Run

With eight members competing, the 2015 version of the Blacksburg AARP United race team was successful in the June 20th Summer Solstice 5K Race by earning four medals. The members of the team were Ben Crawford, Don Creamer, John Hillison, Angela Little, Sharen Hillison, Sally Paulson, Bob Wheeler, and Paul Smeal. This is the seventh year in the row AARP United has represented the chapter in the Summer Solstice 5K Race.



LLI Begins Courses Fall 2015

Registration begins August 17
Courses begin in October

Increasing the possibilities for learning and doing for people 50+ in the New River Valley, the Lifelong Learning Institute at Virginia Tech (LLI) will offer its first courses this fall. Participants may choose from 13 courses, with topics in history, art, literature, science, politics, gardening, genealogy, and memoir writing. Most courses begin the week of October 8 and last 6 weeks. In addition, members of LLI will be able to attend 5 special events, lectures, and tours during the fall.

Membership in LLI will cost \$20 per term during this inaugural year. The fee for each course is \$25–\$30; some require the purchase of supplies.

Enrollment begins August 17. You may join LLI and enroll in courses either online at www.cpe.vt.edu/lifelonglearning/ or with the paper registration form in the course catalog.

If you have not received a catalog in the mail or would like to have one sent to a friend who didn't get one, please contact Jessica Brow at jbrow@vt.edu or 571-858-3337.

These events are free for members, but please register to attend using the same website or form you use to register for classes.

Thursday, September 17, 1:30–3:00 pm

Conversation with Guest Artist Anthony de Mare

The pianist will discuss and illustrate his transformations of Stephen Sondheim pieces for the piano.

Monday, October 12, 3:00–4:30 pm

Translational Medical Research Breakthroughs at the Virginia Tech Carilion Research Institute

Michael Friedlander, Director of the VTCRI, will discuss research revolutionizing diagnosis, treatment, and promotion of health.

Tuesday, October 27, 8:45 am–12:30 pm

Tour, Demonstration: VTCRI facilities (Roanoke)

Visit VTCRI research laboratories to hear investigators tell about imaging molecules and cells to understand health and disease, brains and hearts.

Tuesday, November 3, 3:00–5:00 pm

Check Out the Smart Road

Learn about naturalistic driving studies, future technologies, and current research. Then tour the Smart Road.

Friday, November 13, 10:00 am–12:00 pm

Experiencing a Tornado and Living to Tell About It

Experience what it is like to be immersed in a tornadic supercell thunderstorm using Doppler Radar imagery and the 3-D environment of the ICAT Cube.

Fall LLI Courses

See details at www.cpe.vt.edu/lifelonglearning/courses.html

MONDAY

The Civil Rights Struggle in Virginia

Peter Wallenstein, instructor. 9:00–10:30

Reflections on the Union, Confederacy, and the Civil War

Jack Davis, instructor. 11:00–12:30

Gardening 101

Stephanie Huckestein, instructor. 3:00–4:30

TUESDAY

VT CLASS Sampler at Warm Hearth

9:00–12:00

The Rise and Fall of Arab Nationalism

William Ochsenwald, instructor. 1:00–2:30

WEDNESDAY

Tracing Your Family Genealogy

Linda Phillips, instructor. 9:00–10:30

Basic Printmaking

Rebecca Ghezzi, instructor. 9:00–10:30

The Role of Inspiration in the Creative Process

NRV artists—Janet Niewald (painter), Joni Pienkowski (painter), Kent Holliday (composer/musician), Donna Dunay (architect), and Nikki Giovanni (poet).

11:00–12:30

The Problem of Marriage in Two English Novels

Michael Squires, instructor. 1:00–2:30

Memoir Writing: Turning Your Experience into Art

Richard Gilbert, instructor. 3:00–4:30

THURSDAY

Understanding Science in the News: Technological Innovations

Science and engineering faculty, Virginia Tech. 9:00–10:30

Watercolor — Just Do It!

Jessica Pace-Berkeley, instructor. 10:00–12:00

Political/Editorial Cartoons as Political Discourse.

Edd Sewell, instructor. 1:00–2:30



AARP Members Celebrate the 80th Birthday of Social Security

On July 27, members of the Blacksburg Area AARP Chapter celebrated the 80th birthday of Social Security at the Salem Ballpark. Ice cold lemonade, burgers and dogs with all the trimmings—and cake—and chocolate chip cookies were donated with the compliments of AARP Virginia.

Social Security was enacted by Congress 80 years ago and is the main source of income for most older Americans.

After the party, which was attended by more than 200 AARP members, the group enjoyed a baseball game between the Salem Red Sox and the Potomac Nationals with PN winning by the score of 7 to 1. AARP State President Robert Blancato threw out the first pitch.

This photo shows some Blacksburg Area Chapter members enjoying themselves at the SS Celebration.



For one-third of all seniors, SS is nearly 100% of their income. SS is facing a financial shortfall

that can and should be corrected. If our leaders continue to bury this issue under the table and take NO action, benefits will be cut. Projections are for a benefit cut of 25% by 2033. This is a relatively easy solvable problem if, and only if, we demand action from our leaders. SS desperately needs to be put on a stable path to protect our children, our grandchildren, and future generations.

Register for Living Well@50+ by Sept 1

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
 Vice President • Don Creamer, dgc2@vt.edu
 Secretary • Sally Anna Stapleton, sanna418@gmail.com
 Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott
 2016—Tom Alston, Tina King, Sally Anna Stapleton
 2017—Pat Hyer, Jerry Niles, Shirley Peterson

HD Broadcasts: Opera, Ballet 2015–2016

The Regal Cinema in Christiansburg (110 New River Road) is showing HD broadcasts of Metropolitan Opera and ballet performances. See www.fathomevents.com

Metropolitan Opera (tickets \$22 senior)

- The Met's 2015-16 *Live in HD* and Radio Program Guide is available by request: visit metopera.org/HDguide or call 1-800-Met-Opera (1-800-638-6737).
- Opera synopses and cast listings are available before each performance: metopera.org/liveinhd.

2015

10/3	Il Trovatore	12:55 pm
10/7	Il Trovatore	6:30 pm
10/17	Otello	12:55 pm
10/21	Otello	6:30 pm
10/31	Tannhäuser	12:00 pm
11/4	Tannhäuser	6:30 pm
11/21	Lulu	12:30 pm
12/2	Lulu	6:30 pm
12/12	The Magic Flute	12:55 pm

2016

1/16	Les Pêcheurs de Perles	12:55 pm
1/20	Les Pêcheurs de Perles	6:30 pm
1/30	Turandot	12:55 pm
2/3	Turandot	6:30 pm
3/5	Manon Lescaut	12:55 pm
3/9	Manon Lescaut	6:30 pm
4/2	Madama Butterfly	12:55 pm
4/6	Madama Butterfly	6:30 pm
4/16	Roberto Devereux	12:55 pm
4/20	Roberto Devereux	6:30 pm
4/30	Elektra	12:55 pm
5/4	Elektra	6:30 pm

Ballet (tickets \$15)

9/24	<i>Romeo & Juliet</i> San Francisco Ballet	7 pm
10/11	<i>Giselle</i> , Bolshoi Ballet	12:55 pm
10/22	<i>Revelations, Chroma, Grace</i> Alvin Ailey Dance Theater	7 pm
11/12	<i>Carmen</i> , Ballet Hispanico	7 pm
11/15	<i>Jewels</i> , Bolshoi Ballet	12:55 pm
12/5	Balanchine's <i>The Nutcracker</i> New York City Ballet	12:55 pm
12/6	<i>The Lady of the Camellias</i> Bolshoi Ballet	12:55 pm
1/24	<i>The Taming of the Shrew</i> Bolshoi Ballet	12:55 pm

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

***Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:***

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



Serving the greater New River Valley, Virginia

October 20 Chapter Meeting

Conversation with Candidates

Virginians will go to the polls November 3 to select representatives for the General Assembly (Senate, House of Delegates) as well as for Constitutional Officers (Clerk of Courts, Commissioner of Revenue, Sheriff), Board of Supervisors, and School Board.

AARP has invited the candidates for the General Assembly to meet with us at our October meeting (Blacksburg Community Center, Patrick Henry Drive). Each candidate will offer a brief presentation (5–10 minutes), leaving opportunity for AARP members to ask questions and for conversation with the candidates.

We have invited these candidates:

Senate, 21st District:

- Dr. Nancy Dye (R)
- John Edwards (D), incumbent
- Donald Caldwell (I)

House, 12th District:

- Laurie Buchwald (D)
- Joseph Yost (R), incumbent

The October 20 program will follow our regular chapter format with a “bring your own” bag lunch at 11:30. Drinks and more are provided. The meeting begins at noon and all programs are open to the public.

For information on candidate forums for Montgomery County Constitutional Offices, Board of Supervisors, and School Board, as well as one for the General Assembly, please see p. 5. AARP is co-sponsoring the forum for the General Assembly.

President’s Message

About Living Well *Terry Wildman*

I want to begin with the argument that living—whether we think it’s going well or not—is essentially about learning. And, I’m not thinking about the kind of learning that is typically associated with formal schooling. As a society we deem schooling quite important, but for many reasons what we typically associate with *school learning* may not be all that interesting.

I’ll come back to this in a moment.

At least a year ago, or perhaps longer, the conversation in our chapter meetings, and especially among the twenty-some folks who are officers, board members and committee chairs, began to take a turn. I thought it was a fairly deliberate change in focus where we said, “let’s see if, as a Chapter, we can focus more on what we can do with life, giving less attention to those limiting factors, perceived dangers, and un-pleasantries sometimes associated with our age group.” Of course, living is a process and all stages do involve some realities we should deal with responsibly, including at the later stages. But even those things we may tend to put off, or not want to think about too much, can involve some interesting learning opportunities. That hearing test I just had, for example, led to some interesting new, and for me probably necessary, things to know about how hearing aid technology has progressed. I did have to remind myself that the first modification I did to my current motorcycle was to install louder pipes... hmmm. I admit, that inclination goes back many decades.

Upcoming Events

- Oct 10, Membership Expo, Blacksburg Public Library (see p. 5)
- Oct 13 AARP dinner group, Golden Corral (see p. 3)
- Oct 20 Shred-a-Thon, Christiansburg Rec Center (see p. 5)
- Nov 17 meeting: Activities & facilities for people 50+ in the NRV
- Dec 1: annual holiday lunch

Officer and Board Member Nominations Sought for 2016

The Nominating Committee seeks nominations for 2016 officers and three Board members. The officer positions are President, Vice President, Treasurer, and Secretary, and each will serve for one year. The three Board members elected to begin their term in 2016 will serve for three years through 2018. Send your nominations to Don Creamer at dgc2@vt.edu.

Nominations for committee chairs also are welcomed. For information about committees on which members may serve see www.blacksburgaarp.org/pb/wp_3a036760/wp_3a036760.html.



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.

Living Well@50+ Keynote Speaker Focuses on Mindfulness



Dr. Alan Forrest, Professor in the Department of Counselor Education at Radford, began the September 8 “Living Well@50+” conference with a presentation, “Living Well Through Mindfulness.”

Mindfulness counters two habits of mind that can be counterproductive: thinking about the past and anticipating the future.

Spending too much time in the past can lead to depression.

Living too far or too often in the future can result in anxiety.

We may miss the moments that matter because we are somewhere else in our minds. Dr. Forrest gave the example of reading to his young daughter but skipping words and pages because he was anxious to get on with the task of class preparation. He was missing the present moment because he was mentally engaging in a future activity.

Dr. Forrest claims that his dog is his best mindfulness mentor: she always enjoys the present, including the beauty of the sky and landscape, the scents and sounds of the environment, the companionship. A human’s mind, by contrast, is often cluttered with schedules and tasks, resentments, fears, and more.



Mind Full, or Mindful?

According to mindfulness expert Jon Kabat-Zinn, mindfulness is about being fully aware of whatever is happening in the present moment without the lens of judgment. Mindfulness helps people focus on one thing at a time in the present moment, thereby helping to control and soothe overwhelming emotions.

Mindfulness can

- improve attention and concentration
- expand self-awareness
- enhance positive emotions
- increase interpersonal skills and relationships
- enrich performance
- stimulate creativity
- reduce stress
- change and strengthen the structure of the brain

Mindfulness does not require any particular religious or cultural belief system. Every faith tradition and every culture have some contemplative practice.

Mindfulness is a practice

Decluttering the mind requires intentional focusing on the moment. The practice of mindfulness is just watching the mind and body without holding on or pushing away. Learning mindfulness focuses on awareness of breathing. Each breath is the birth, life, and death of the moment. The result can be something that feels spiritual. (The Latin verb *spiro* means “to breathe.” You can hear that root and the connections between breathing and spirituality in *inspire* and *respiration* as well as in *spiritual*.)

Mindfulness is something one has to work at every day. Dr. Forrest begins his day by walking his dog and then by a period of quiet, mindful awareness.

For people who wish to learn more, Dr. Forrest recommends the book *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life*, by Jon Kabat-Zinn.

Dr. Forrest also hosts a mindfulness-based practice group at Christiansburg Life and Balance, 125 Akers Farm Road, Suite D, on the second and fourth Wednesdays of each month from 8:30 to 9:30 am.

The group practices mindfulness for 30 minutes with some guidance and then enjoys open discussion for 20–30 minutes. The intention is to create a mindfulness-based practice group as a community, supporting each other.

There is no fee charged for the service; a bowl is set out for collecting free-will fees.

Pre-registration is required. Call 540-381-6215 to reserve your space.

President's Message (continued)

So we're constantly learning, and it's pretty clear one secret to living well is to embrace learning, including on occasion some risk taking. AARP as an organization formalizes this in its Life Reimagined program and in its constant production of material that can be used to support a good and well-informed life. One way to think about learning then is to figure out how to best absorb as much as we can of the really good stuff that is available to us and bank it away for use when the opportunity arises. But, this does sound a lot like the more traditional goals of school-type learning which I now tend to argue is a pretty lousy way to go.

The shift in thinking that many now propose is to recognize the inherently social nature of learning. For many decades what we used to support formal learning was laboratory-type studies that for a long time focused almost exclusively on how people can process and remember what they hear, read, and experience more effectively. Mostly "in the head" kind of stuff. As an academic type psychologist, I was a big proponent of that kind of thinking.

Eventually though, research in the learning field finally got around to checking out what real people were doing out there in their daily lives. The results were pretty surprising. For one thing knowledge acquisition as an end to itself was almost non-existent. Instead the key thing was participation, and the contexts for participation were all manner of social practices that are an inherent part of our culture. Within this view being knowledgeable is essentially being competent within some practice, and with that competence a sense of identity develops. So, in my own case with some 80,000 miles on the road I am pretty comfortable referring to myself as a biker, with 30 years experience flying, a pilot, with 40 years teaching, a teacher, and with a lifetime growing things, a gardener. I am somewhat of a novice carpenter, definitely not an artist, musician, poet, mechanic, welder, yoga practitioner and many other things that would be attractive. I simply don't at this time have an entre to those other communities and hence the opportunity to become even a peripheral participant. However, it might be possible, and in some cases I might be satisfied with some legitimate access to a new community without necessarily having the goal of becoming really competent. At the very least I would have access to the social structure, the conversations, and some legitimate role for me might develop.

Living well in my view is about the opportunities available to participate in communities of practice that may be of interest, to learn how the more experienced practitioners talk, how they like to dress, what tools they use, and to become in some sense like them. To move in and out of dif-

ferent communities is pretty interesting. I don't fly anymore so all my flying stuff is stored away, but you really should see my closet full of Harley Davidson stuff. Different stuff, different language, different connections, but all in the service of what I would call living well.

So, as life goes on, I kind of wonder what's next. Maybe this last thought is where we all should be.

Join AARP Virginia for a Dinner Group in Christiansburg October 13, 4-7 pm

AARP has reserved the private room at Golden Corral for members and their guests to enjoy dinner with a \$0.50 discount on their All-You-Care-to-Eat dinner buffet.

Learn how AARP is making a difference locally! A 15-minute presentation will highlight one of AARP's many opportunities. No products or services will be sold at this event.

Come as you are and leave as you wish anytime between 4:00 pm and 7:00 pm on the evening of Tuesday, October 13, 2015.

Golden Corral
2580 North Franklin St.
Christiansburg, VA 24073

Please let us know you plan to attend by calling 1-877-926-8300 or online at October 13 Dinner Group (aarp.cvent.com/Christiansburg101315VA).



The local chair of the Dinner Group is Leslye Bloom.

Help Recruit New Members

The lifeblood of any organization is its membership and new members provide energy for continued progress. The Board of Directors of AARP Blacksburg chapter requests your help in sustaining the capacity for vigorous activity of the chapter by reaching out to friends and acquaintances to inform them of opportunities for involvement and service in chapter membership.

Applications for membership are available in each monthly newsletter or at www.blacksburgaarp.org/pb/wp_ba3e9c1b/wp_ba3e9c1b.html

How about inviting someone to join you at the October 20 meeting to learn more about candidates for the General Assembly?

How about inviting someone to join you at the AARP Dinner Group in Christiansburg October 13?

“Living Well@50+” Conference Attracts 200+

More than 200 people participated in the Living Well@50+ conference September 8 at the Inn at Virginia Tech. Participants heard two keynote speakers, attended two workshops from 14 offerings, visited exhibitors at the opportunity fair, and enjoyed lunch.

Scene from the Opportunity Fair



AARP Food Drive Supports Local Food Banks

On Sunday, September 13, AARP volunteers with helpers from Chi Delta Alpha Sorority collected hundreds of pounds of food for food banks in Blacksburg and Christiansburg. Shoppers at Kroger on South Main Street in Blacksburg donated the food.

Volunteers who collected food include Sally Anna Stapleton, the coordinator; Tom and Paula Alston, Thais Beams, June

Cox, Don Creamer, Alison Galway, Pat Hyer, Shirley Peterson, Sandy Johnson, Jerry and Ruth Ann Niles, Robin Nguyen, Don and Carolyn Rude, and Donna Thompson.



Sally Anna Stapleton, Don Rude, and Robin Nguyen collect food at the Food Drive

Thank you if you helped with the drive or if you donated while you shopped.

Space Remains in Some LLI Fall Courses

See details at www.cpe.vt.edu/lifelonglearning/courses.html

As of September 12, space remains in 11 of the 13 Lifelong Learning Institute courses and in some special events scheduled for the fall term. (The courses in Genealogy and Watercolors are full. The tours of the Smart Road and VT-Carillion Research Center are full.) You may still sign up for these courses and special events until they begin the week of October 5.

LLI members may attend special events for free. Course fees are \$25–\$30. Please join (\$20) and register for events and courses at www.cpe.vt.edu/lifelonglearning/courses.html

Special Events

Monday, October 12, 3:00–4:30 pm, Alumni Assembly Hall
Translational Medical Research Breakthroughs at the Virginia Tech Carilion Research Institute

Friday, November 13, 10:00 am–12:00 pm, Moss Center
Experiencing a Tornado and Living to Tell About It

Courses

MONDAY

The Civil Rights Struggle in Virginia Peter Wallenstein, instructor. 9:00–10:30

Reflections on the Union, Confederacy, and the Civil War Jack Davis, instructor. 11:00–12:30

Gardening 101 Stephanie Huckestein, instructor. 3:00–4:30

TUESDAY

VT CLASS Sampler at Warm Hearth 9:00–12:00

The Rise and Fall of Arab Nationalism William Ochsenwald, instructor. 1:00–2:30

WEDNESDAY

Basic Printmaking Rebecca Ghezzi, instructor. 9:00–10:30

The Role of Inspiration in the Creative Process NRV artists. 11:00–12:30

The Problem of Marriage in Two English Novels Michael Squires, instructor. 1:00–2:30

Memoir Writing: Turning Your Experience into Art Richard Gilbert, instructor. 3:00–4:30

THURSDAY

Understanding Science in the News: Technological Innovations Science and engineering faculty, Virginia Tech. 9:00–10:30

Political/Editorial Cartoons as Political Discourse. Edd Sewell, instructor. 1:00–2:30

Candidate Forums: Elections 2015

The League of Women Voters will sponsor candidate forums in October to help voters make their choices for the November 3 election.

October 7 (Wed), 7 pm, County Government Center:
Constitutional Officers (Clerk of Courts, Commissioner of Revenue, Sheriff)

October 15 (Thurs), 7 pm, County Government Center:
General Assembly
Senate, 19th District (Michael Hamlar, D; David Suetterlein (R); Steven Nelson (I)
Senate, 21st District (Dr. Nancy Dye, R; John Edwards, D, incumbent; Donald Caldwell, I

House, 12th District (Laurie Buchwald, D; Joseph Yost, R, incumbent

AARP is co-sponsoring this forum along with the local branch of NAACP, the Virginia Interfaith Center for Public Policy, and the *News Messenger*.

October 22 (Thurs), 7 pm, Blacksburg Town Hall:
Board of Supervisors

October 29 (Thurs), 7 pm, Blacksburg Town Hall:
School Board

The County Government Center is at 755 Roanoke Street, Christiansburg. Blacksburg Town Hall is at 300 S. Main Street. For names of all the candidates, see the League of Women Voters website at www.lwvmcva.org/CandidateForums.

Free Shred-A-Thon October 20

A free Shred-A-Thon is scheduled on Tuesday, October 20 from 3:30 to 6:30 pm in the parking lot of the Christiansburg Recreation Center.

Help prevent identity theft—shred unwanted documents. Protect your important information and clean out the clutter. Papers to be shredded must be in a plastic tote or box; no plastic bags, please. Three-box limit. For more information contact Tammy Caldwell at 382-2349, ext. 2003 or tcaldwell@christiansburg.org.

Blacksburg Public Library Hosts Membership Expo

On October 10, 2–4 pm, representatives from 17 local clubs and organizations, including AARP, will be available in the Community Room of the Blacksburg Public Library with information on their organizations. Community members interested in becoming involved can explore their options as they visit with club members.

Legislative Report *by Val Coluni and Alison Galway*

Priorities of the State Advocacy Team

The State Advocacy Team will communicate final legislative priorities in December 2015, but some possibilities have been identified:

Tax programs. Emphasis on those programs which preserve and/or enhance to help seniors stay in their homes.

Redistricting. Our State Delegates and Senators have already had a preliminary meeting on this subject in a special session but unfortunately the session did not result in any significant progress. Some support an independent commission while others continue to hold the belief that the framers of the constitution reserved the right to the state legislatures. This will be a very difficult path to a satisfactory resolution.

Elderly Abuse. Closing some of the loopholes that lenders are using to “skirt” the law and increasing the civil/criminal penalties for violations.

Major wins for all of us in 2015

A. A passed law (SB750) **requires hospitals to provide oral and written notice to any patient classified as “observation” rather than admitted.** This law will help eliminate the problems for patients who may need rehabilitation in another facility. (Observation status may eliminate some aspects of your insurance coverage for future care.)

B. A passed law (HB346) greatly **expanded the scope and practice of Nurse Practitioners.** This will help in underserved areas.

C. Redistricting—a major win for change. The U.S. Court ruled in a recent state lawsuit that **an Independent Redistricting Commission was constitutional.** Some of our Virginia State representatives have argued against this position.

It was indeed a pretty good legislative year for us. Thanks for your support.

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
Vice President • Don Creamer, dgc2@vt.edu
Secretary • Sally Anna Stapleton, sanna418@gmail.com
Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott
2016—Tom Alston, Tina King, Sally Anna Stapleton
2017—Pat Hyer, Jerry Niles, Shirley Peterson

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

*Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:*

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



Real Possibilities
in the New River Valley

Blacksburg Chapter

NEWS

November 2015

Vol. 32 • No. 9

www.blacksburgaarp.org

Serving the greater New River Valley, Virginia

November 17 Chapter Meeting President's Message

Activities and facilities for people 50+ in the NRV

Two guests will join us for our November meeting. **Bill Brown**, Chair of the Montgomery Board of Supervisors, and Blacksburg Mayor **Ron Rordam** will report on accomplishments and plans in the county and town of particular interest to persons over the age of 50.

Please bring a food donation (a can or box of non-perishable food) to the meeting. We will distribute it to the food banks in Blacksburg and Christiansburg.

Food Drive Yields 2,460 Pounds

The total collection of food at the September 13 food drive at Kroger on South Main Street was 2,460 pounds. Food was donated to Interfaith Food Pantry and MCEAP Food Bank

Thank you to all the wonderful volunteers who donated their time and efforts. A special thank-you to RSVP Christiansburg for helping prepare for the food drive and recruiting volunteers.

Sally Anna Stapleton, Coordinator



Membership Expo

Tom and Paula Alston set up an attractive display and hosted the AARP table at the October 10 Membership Expo at the Blacksburg Public Library. About 18 organizations participated in this well-attended event.

You can help the Membership Committee in recruiting by inviting a friend to an event, such as the holiday luncheon.

please turn to p. 3

Taking a Chance *Terry Wildman*

My first cousin, Carolyn Kreiter-Foronda, was appointed Poet Laureate of Virginia, 2006–2008, by Governor Timothy Kaine. First doctorate awarded by George Mason University, a lifetime of teaching, numerous books of poetry, and a continuing rigorous schedule of writing, and teaching about writing and poetry, Carolyn is pretty amazing. Our families were close, going back to the late 40s and early 50s, so staying in touch is important.

Recently, following a phone conversation, Carolyn mailed me three of her books of poetry. In the past we had talked about her writing, and mine, and “why don’t I take a shot at some poetry”—something I had never considered. Anyway, while reading a few of her poems I decided, why not, and why not, in the spirit of seniors continuing to try new things, use my very first effort to complete November’s monthly message. I did share the following with her, receiving good advice and encouragement, so here goes, a little risk taking on my part.

Upcoming Events

- Dec. 1: annual holiday lunch; see details and the reservation form on p. 5
- Nov. 13–15: 45th Annual YMCA Crafts Fair, University Mall; see p. 3
- Nov. 14: “Big Read” author talk; see p. 3

Caring Committee Seeks Information

The Caring Committee, seeks information about members who need to receive a sympathy, congratulations, or get well card. Contact Violet Drake at 540-552-2807, or at vsdrake28@gmail.com.

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
 Vice President • Don Creamer, dgc2@vt.edu
 Secretary • Sally Anna Stapleton, sanna418@gmail.com
 Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

- 2015—Don Creamer, Terry Wildman, Nola Elliott
- 2016—Tom Alston, Tina King, Sally Anna Stapleton
- 2017—Pat Hyer, Jerry Niles, Shirley Peterson



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.

Lyric Theatre Book Launch November 8, 5–6:30 pm by Cheryl Ruggiero

Blacksburg's Lyric Theatre on College Avenue may be a familiar scene to you. But do you know what the very first Lyric in Blacksburg looked like in 1909? Would you like to know more about the heart-warming community of hard-working volunteers who restored and re-opened the theatre in 1998?

Then you may be glad to know about a new book, *The Lyric Theatre: The Heart of Blacksburg*, and the book launch celebration Sunday, November 8, from 5:00 to 6:30 pm at the Lyric. The event is free and all are welcome.

Check the Lyric website, www.thelyric.com, for celebration updates.

As Lyric Executive Director Susan Mattingly writes, "The idea of the book came from Chris Winston, former New River Bureau chief for the *Roanoke Times*, who started the New River Writers Project in about 2009. His vision was that they would supply the writers and publishing know-how to tell our story and we would split the proceeds." Although Winston left the area, Mattingly notes, "we couldn't quite let the idea go. He had convinced us that the story of the Lyric was one that was worth telling, so we kept chipping away at it. Eventually the board of directors decided to just make it happen. So, after we finished the transition to digital cinema in 2013, we made the book our next priority. We hope it's a fund-raiser!"

The project was guided by the Lyric's History Committee: Linda Plaut, Lindsay West, Susan Mattingly, Don Drapeau, and Sherry Quillen. Beginning in spring 2014, writers Lesley Howard, Su Clauson-Wicker, and Cheryl Ruggiero researched the archives of the Lyric, the *Roanoke Times*, Virginia Tech's student newspapers, and Newman Library Special Collections. They went on to interview more than eighty people who knew and loved the Lyric, explore its balcony and backstage with the renovation architect, and weave those memories into a narrative that begins on a dusty Blacksburg street in 1909

and ends looking forward from 2015. Graphic designer Christina O'Connor turned the weavings into pages filled with bright images, and the folks at Pocahontas Press made it all into a book to treasure.

Read all about it!

- Which Lyric founder ran away to Wyoming to be a cowboy before settling down back in town? And who later took his family to California to pal around with 1930s Hollywood bigwigs in order to get films to show in small-town Blacksburg? *Vane Kelsey*.
- Who used to sneak in the side door as a boy to watch movies through the back of the screen? *John Kline—read the tale in his own words, page 42*.
- What happened to the original comedy/tragedy masks that graced the roofline? *See the last-known photo of the original masks, page 37*.
- Who has heard the Lyric's ghost wailing from the balcony? *Keep reading...*
- Which Lyric volunteers have gone on to film-making careers?
- What about all those first dates, marriage proposals, and even weddings at the Lyric?
- And how about that volunteer cast of hundreds!
- And the live shows!
- And the shared times...

The Lyric Theatre: The Heart of Blacksburg will be available at the following venues:

The Lyric Theatre, College Avenue, Blacksburg, www.thelyric.com

Pocahontas Press, www.pocahontaspress.com

Alexander Black House, Draper Avenue, Blacksburg

Montgomery Museum, Pepper Street, Christiansburg

Uncommonly Gifted, Main Street, downtown Blacksburg



A street dance at the Lyric

President's Message (continued)

Breaking News

I'm wondering how the day will begin.

*First light gives a clue. An hour late
nowadays.*

Coffee in hand.
National news on the way;
Something will be breaking
for sure
Named in excited lettering
on the screen

*Out there, the handoff
is fully in play.*

*Leaves anchored hard
from birth
finally released to fly.
Lucky to catch a murmur
of wind
to show some style and color
against shafts of early light*

Prediction confirmed.
Mayhem it seems in all quarters.
Vigorously reported, compelling,
but for its routineness.
Familiar faces will explain
what it all means,
all day
and night
for the news junkie.

*Open the door. The show
is well underway.*

First impressions:

*The sweetish funky smell,
refreshing coolness, a nice
deep breath.*

*Busy birds, squirrels surveying
the massive walnut crop.*

*Crows from the garden sounding the alert,
Time to check out what was
breaking overnight, out here.*

Trains, planes, buses, big trucks,
boats. Close calls,
and disasters on tap today. NTSB is
on the way.

Gunfire, abject misery,
and confused politicians.

Breaking now,
and again, again, again.

No end in sight.

*Rude intrusions don't penetrate
this low place between
cedars and pine.*

*A faint gurgle of water. Stillness and
close attention is the game,
for a hint of who lives and plays
here.*

Riding in my truck, misery and mayhem
can tag along,
on satellite radio.

Breaking news of fires and floods,
and wars.

Angry politicians debate, seeking
explanations. Talking heads
come for the ride.

Breaking news.

*A peaceful transition
Is now underway.*

*Spring-like colors
in every falling leaf.*

*Happy, well fed little folk
of feather and fur, taking in
summer's gift.*

*All this, playing for a limited time
everywhere.*

*Terry Wildman, Professor Emeritus
President, AARP Blacksburg*

**45th Annual YMCA Crafts Fair
November 13-15**

Local and regional artisans will showcase their work at the 45th Annual Y Crafts Fair, November 13-15, 2015, at the University Mall in Blacksburg. Participants were selected by jury, guaranteeing quality work and a balanced section of crafts. Participants will include familiar favorites plus new vendors.

Hours of the fair:

Friday, November 13, noon to 7 pm

Saturday, November 14, 10 am to 7 pm

Sunday, November 15, noon to 5 pm

Parking is free in the lot and in the nearby parking garage.

This fair is a great opportunity to see your neighbors and celebrate community as well as to find unique seasonal gifts.

New features will include activities for children and a Conversation Corner where shoppers may relax and chat. Door prizes from the artisans will be offered.

Support the community programs and student leadership development of the YMCA at Virginia Tech. Come to the 46th Annual Y Crafts Fair!

For further information contact Carol McNeely, Office Manager, YMCA Virginia Tech, 1000 N. Main St., Blacksburg, VA 24060, 540-961-9622.

"Big Read" Features Tim O'Brien, Saturday, Nov. 14, 7 pm

Throughout the New River Valley, individuals and groups are participating in the "Big Read." The Big Read is a program of the National Endowment for the Arts to encourage community reading programs (see mozart.radford.edu/bigreadnr/).

The NRV reading selection is *The Things They Carried*, by Tim O'Brien. This book is a powerful, fictionalized rendering of O'Brien's experiences as an infantryman in the Vietnam War.

On Saturday, November 14, at 7 pm, Tim O'Brien will give an author talk at Virginia Tech's Torgersen Hall, Room 2150. The talk is free, but tickets are required. You can reserve tickets online: <http://bit.ly/1LjgUyQ>.

Sponsors of the NRV Big Read include Radford University McConnell Library, Radford Public Library, Virginia Tech's University Library and Department of English, Montgomery-Floyd Regional Library, New River Community College Library, Pulaski County Library System and Glencoe Museum & Gallery.

Nominees: 2016 Chapter Officers and Board Members

The AARP Blacksburg Board of Directors approved these nominees for AARP chapter officers for 2016.

Officers

President: Don Creamer

Vice President: Ben Crawford

Treasurer: Pat Ballard

Secretary: Sally Anna Stapleton

Board Members

Wendy Baldwin

Ray VanDyke

Ryan Martin

The officers have all been members of the board and are familiar to members.

We welcome new board members. **Wendy Baldwin** is a retired social demographer with the National Institutes of Health and President, Population Reference Bureau, Washington DC. **Ray VanDyke** was a Montgomery County Public school administrator, Director of Academic Assessment at Virginia Tech, and is now with a private assessment firm.

Ryan Martin is Executive Director of the YMCA at Virginia Tech.

The Nominating Committee was composed of Nola Elliot, Terry Wildman, and Don Creamer, all members of the current board with terms expiring in 2015.

New State Director

Jim Dau has joined the AARP Virginia state office as its State Director, a role previously filled by Bill Kallio, who retired earlier this year. Jim comes to the AARP Virginia office after having spent 8 years in AARP's national headquarters, where he helped lead the Association's work on advocacy, consumer and lifestyle issues, including the health, economic security and AARP's Drive to End Hunger NASCAR program. Jim's work in communications has allowed him to work with colleagues and senior volunteers around the country.

Prior to joining AARP, he worked on domestic and international political communications in the private, public, and non-profit sectors. He has worked for a member of the U.S. House of Representatives and the Governor of New Jersey, as well as a small public relations firm and a prominent international democratic development nongovernmental organization.

Jim graduated from the University of Georgia and the Fletcher School of Law and Diplomacy at Tufts University. He lives with his wife and daughter in Falls Church, Virginia, and looks forward to the family's move to the Richmond area.

Legislative Report *by Val Coluni and Alison Galway*

1. **Legislation 2016.** More gridlock (budget.etc) at the Federal level. This will require more crucial financial decisions (education, roads, bridges, etc) by our state, county and city/town officials. Their budgets will be "stretched." Are we going to see a push for the private funding of some of our local programs? (i.e. public works)

2. **Hospitals and our Health Systems.** The Virginia State Hospital & Healthcare Association believes there are big financial problems facing these institutions now and in the future, which is being caused by recent government decisions. As a result they will be running a public awareness program to educate our citizens and to enlist their support to carry this message to their representatives.

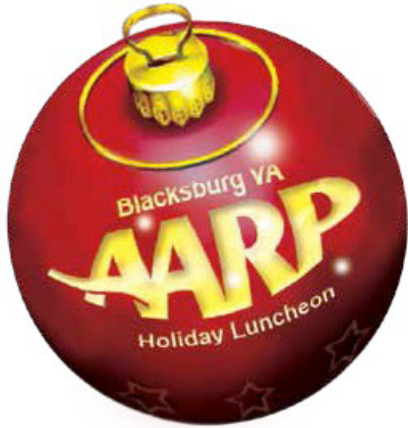
3. **Mountain Valley Pipeline/State Survey Law.** Our local State Senate Candidates (Senator Edwards and candidate Dye) are against the pipeline. Candidate Caldwell advocates building the pipeline in existing public easements rather than using private property. Delegate Yost and candidate Buchwald are also opposed to the pipeline. In addition they are raising questions about the State Surveying Law which permits the acquisition of private property for these purposes.

4. **Potential contentious issues** in the 2016 legislative sessions: 1. **Congressional voting districts.** The Governor, lawyers representing Republicans in the Virginia Congressional Delegation and eight outside parties have submitted plans with different points of view; 2. **Gun Control.** The Governor supports more common sense legislation (i.e., keeping guns out of domestic violence situations; this failed to pass in the 2015 Legislation sessions.) Others believe there are many other reasons for gun violence in our society today.

5. This year is the 50th anniversary of the **Older Americans Act** (OAA). To meet the diverse needs of the growing numbers of older persons in the United States President Lyndon Johnson on July 14, 1965 signed into law the OAA, which set out specific objectives for maintaining the dignity and welfare of older individuals and created the primary vehicle for organizing, coordinating and providing community-based services and opportunities for older Americans and their families. These included the U.S. Department on Aging and a service and information network of State and local Agencies on Aging. Montgomery County is served by the New River Valley Agency on Aging in Pulaski, 540-980-7720 or www.nrva.org.

6. The Montgomery County League of Women Voters is sponsoring evening **candidate forums**. Remaining forums: 10/22, Board of Supervisors; 10/29, School Board. Both forums are at 7 pm in the Blacksburg Town Hall. More information is available at the League of Women Voters website: www.lwvmcva.org.

AARP Holiday Luncheon



Ham with Honey Glaze
 Roasted Turkey Breast
 Mashed Buttered Potatoes
 Southern Green Beans
 Tossed Salad
 Cornbread Stuffing
 Gravy
 Rolls with Whipped Butter
 Coffee and Iced Tea
 Pumpkin Pie

Location

Warm Hearth
 The Village Center
 2387 Warm Hearth Drive
 Blacksburg, VA 24060

Date: December 1, 2015

Time: Beginning at 11:30 am

Program

Announcement and Introduction of
 AARP Community Award Recipients

Price: \$18 per person

Guests welcome!

Reservation deadline: November 20

Luncheon Reservation, Membership Dues

You can write one check

Total the Luncheon and 2016 membership fees and make your check out to

Blacksburg AARP Chapter # 2613

Send with these forms to

Pat Ballard, Treasurer
 Blacksburg AARP Chapter # 2613
 P.O. Box 10082
 Blacksburg, VA 24062

Holiday Luncheon Registration Form

Deadline: November 20, 2015

Name _____ \$18.00
 Guest _____ \$18.00
 Guest _____ \$18.00
 Total _____

Sorry, reservations cannot be accepted after November 20, 2015. For more information, contact Thais Beams (540) 552-9177; thaisbeams@yahoo.com

Member Application for 2016

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

New___ Renewal ___ 90+ years old (free)___

Name _____

Spouse/Partner _____

Address _____

City _____

State _____ ZIP _____

Email address _____

Phone _____

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
Terry Wildman, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
PAID
Blacksburg, VA
Permit No. 32

Holiday Luncheon and Community Awards

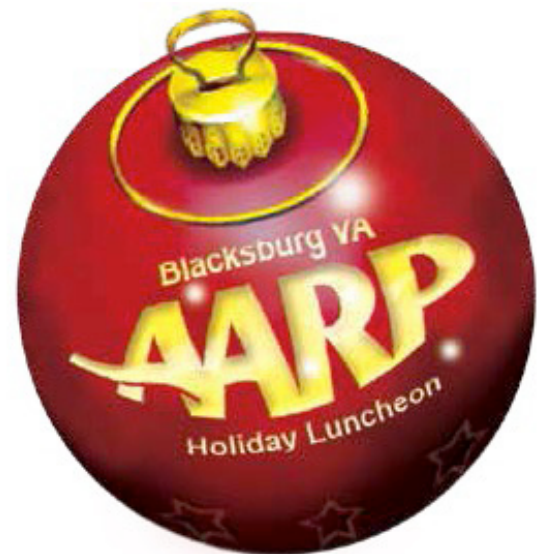
Warm Hearth Village Center

December 1, 2015 11:30 am

**\$18 per person
Guests welcome!**

**Reservation Deadline
November 20, 2015**

See the reservation form on p. 5



Bring a friend!