



Health and Wellness Fair

September 19 noon–4 pm

Christiansburg Recreation Center
1600 North Franklin Street

Get ready for the AARP/VCOM Health and Wellness Fair! We are excited about the exhibitors who have registered—old friends and new ones. Over 100 exhibitors, live demonstrations, and interactive displays will be showcased.

Screenings and flu shots

The Edward Via College of Osteopathic Medicine will provide services, including blood glucose screening, total cholesterol screening, blood pressure screening, body mass index/nutrition, Osteopathic Manipulation Medicine (OMM), and Ask the Pharmacist. Hearing and vision tests, cancer screening advice, and dermatology screenings will be available. Free flu shots will be available.

Cultural opportunities

The Health and Wellness Fair is about more than medical conditions! Gather information on not only physical and mental health but also intellectual, environmental, and cultural health. The Health and Wellness Fair will be a great place to learn new ways to stay healthy and engaged.

Alternative wellness practices

Sample light healthy snacks and explore alternative approaches to wellness with mind body integration, reflexology, chiropractic care, yoga, mindfulness, and the Center for Animal Human Relationships.

Nonprofits

Visit the League of Women Voters, a nonpartisan organization that encourages informed and active participation in government. Check out the Mount Tabor Ruritan Club, a civic service organization. A number of nonprofit organizations are attending to provide information about what is going on around us in the New

River Valley. Exhibitors who offer volunteer activities will be highlighted.

Demonstrations

Demonstrations will also take place. Look for Qigong, cooking, aging in place, Dr. Harris' hip and joint replacement seminar, and "10 Signs of Alzheimer's: Love Your Brain."

Time and place

The health fair will take place in the Christiansburg Recreation Center, [1600 North Franklin Street](https://www.google.com/maps/place/1600+North+Franklin+Street,+Christiansburg,+VA), 12:00–4:00 pm. Visitors are encouraged to explore ways to stay healthy, feel healthy, and age well. The fair is open to the public at no charge.

Please join us on Wednesday, September 19. To find directions, parking information, more highlights, and the list of exhibitors, please visit our web page: www.blacksburgaarp.org/2018-health-and-wellness-fair-visitors-information

The Health and Wellness Fair takes the place of our monthly meeting.

Award nominations requested

Due October 15

The AARP Blacksburg Chapter presents two local awards each year at the Holiday Luncheon in December. The awards committee requests nominations for these awards from members. Nominations should reflect contributions and achievements in the past year (2017–18).

Chapter Service Award

Member who is giving and making an impact on our local AARP Chapter

- Recipients past 4 years: Val Coluni and Terry Wildman, Jerry Niles, Don Creamer and Pat Hyer, John and Sharen Hillison

Community Spirit Award

Member who is impacting the community with constituents who are the focus of AARP efforts.

- Recipients past 4 years: Molly McClintock, Sally Anna Stapleton, Pat Ballard, Jim Wightman

Please send your nominations, including the name, which award, and the basis of the recommendation for the nomination, to Tamara Hodsden (thodsden@gmail.com).

Upcoming Events

Sept. 19, Health and Wellness Fair noon–4 pm

Sept. 29, Walk to End Alzheimer's (p. 5)

Oct. 15, Award nominations due

Nov. 1, Wine tasting, Whitebarrel Winery 5–7:30 pm

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 3–4 hours/month, September–June (no issue in December). Mailings take place during the first week of the month. The current volunteers, Judith and Roy Jones, will show you the procedures. If you have questions, contact Judith (judith@vt.edu).

If you can help—perhaps with a friend—contact Wendy Baldwin (wendybburg@gmail.com).

Wine tasting, Whitebarrel Winery

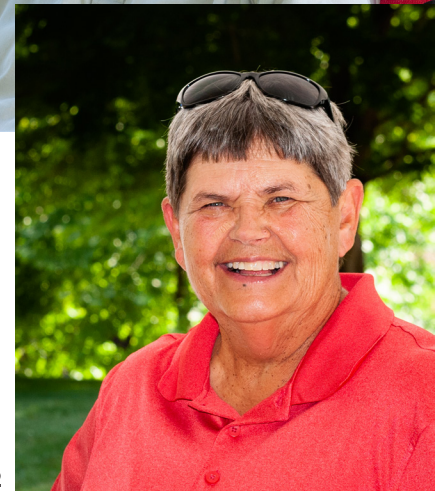
Co sponsored with LLI
Thursday, Nov. 1, 5:00–7:30 pm
4025 Childress Road, Christiansburg
Cost: \$25 (payment to Whitebarrel Winery whitebarrel.com/product/aarp-lli-1_nov_2018/)

Join LLI and AARP members for a fun time at Whitebarrel Winery. The winery will provide either a wine tasting or a glass of wine plus three hot appetizers and a salad. Connect with LLI classmates and AARP members and get to know them better.

Faces (and a back) from the June AARP picnic



Photos by Peter Magolda.
See more at <https://adlogam.smugmug.com/Organizations/AARP/n-49pk5B>



Why do we donate?

Human beings are social and connected. In our various communities, we give and receive benefits from others. Many people of retirement age have committed to giving back for a lifetime of opportunity, even as we continue to receive the benefits of organized activities, a beautiful environment, health care, and more. Our donations may be our time and talents, our participation in organizations, or our treasure. We give because the feelings of connection help us feel valued.



AARP is a terrific organization that facilitates this exchange of benefits in multiple ways. For example, our Health and Wellness fair gives to the community by providing easy access to information about health and living well. The earnings from the Health and Wellness Fair and other fundraising activities support nonprofits in our community whose values are consistent with those of our organization. Each December we give to other organizations such as the Community Foundation, Agency on Aging, and Micah's Soup for Seniors. By participating as a volunteer for the Fair or just by attending, you support these goals.

A huge service to our community is our Tax Aide program.

As a part of AARP, you can see your own efforts turned into support for local organizations that make the NRV a great place to live. Members of the board and other engaged members help plan the June picnic, the Whitebarrel tastings, and the holiday dinner. There is always a need for members to come to monthly meetings and greet newcomers and help them get involved with our chapter. Getting involved is a way to promote something larger than oneself and enjoy the socializing benefits that chapter involvement provides.

There are also many social engagement opportunities through the networks of nonprofits in our area. RSVP—Retired and Senior Volunteer Program—is one way to help fit your interests with organizations that need your help. What are the activities that you enjoy? Meeting people? Working behind the scene? If the organization doesn't have opportunities that fit the activities you like, it probably isn't a good fit. What should you do? Move on and try another one. The recipients of your time should benefit, but so should you.

Other donations may follow personal experiences. When I lived in the DC area, neighbors experienced a tragedy. Their son had just finished medical school and in the break leading up to the graduation ceremony he was in the Middle East for well-earned R & R. Sadly, the bus he was traveling went off the road, and he died in the wreck. While they struggled with the pain of losing their son, his mother formed an organization call ASIRT, Association for Safe International Road Travel.

She discovered that travel books and web travel sites said plenty about avoiding food poisoning but ignored the greater threat that came from road travel. She studied and worked and networked so that ASIRT could offer practical advice about routes to avoid and safer alternatives to road travel. We know about ASIRT (www.asirt.org) because this was a neighbor, but we support ASIRT because travel is a good thing that should not contain unknown hazards that could be avoided.

Another way to support organizations is through financial contributions. Many nonprofits are highly dependent on such contributions. Donations are an opportunity to support activities that we can't do in a more personal way. Much as I care about the challenges of stopping child marriage in Ethiopia, I am not rushing off to the outskirts of Addis Ababa to work on the front lines. But, I can help those organizations (like the Population Council, www.Popcouncil.org) that are.

Donations help keep nonprofits alive. Even when they can, and do, get grants from foundations or the government to continue their work, there are always expenses that do not fit a donor's guidelines. Nonprofits need flexible funds to work in difficult areas, to take chances in developing new initiatives and to just stay afloat. That's where you come in. Celebrate the organizations that reflect your values and help them have an impact in the world.

So how about that Health and Wellness Fair? While it is a means for AARP to raise money from the for-profit organizations that exhibit, it is also a way for nonprofits to gain visibility, share their work, and hopefully identify a couple of new volunteers to help them. If you support a local nonprofit financially, maybe they could use your physical support at their table at the Fair (see a complete list of exhibitors here: <http://www.blacksburgaarp.org/2018-health-and-wellness-fair-visitors-information>). And, just come to the Fair, September 19, noon to 4 pm at the Christiansburg Recreation Center. The flow of people is a great advertisement for the Fair and so it helps the next one, in 2020.

The Fair is for everyone. You can get a flu shot, some other health assessments, and a wide array of other organizations. Here is a way to get some ideas about making your home more "aging-appropriate," learn safety tips from policy and rescue crews, and find new ways to exercise and stay healthy. You are supporting the Fair when you come and see all the amazing tables that Jennie Reilly and her team have put together. If you read this before September 19 and want to volunteer to help out during the fair, give Jennie (jenmik@vt.edu) a shout out and find out what is left to do.

Donating your time, your participation, your talent, your energy, and your dollars will benefit the organizations and people who receive your gifts, but your engagement will also benefit you. If you are taking first steps at donating by volunteering, showing up at the Health and Wellness Fair would be a good one. Or you might try the Walk to End Alzheimer's (see p. 5). Or, if you are really ready to commit, help AARP and its members by volunteering to get this newsletter ready for mailing (see p. 1).

If you are already engaged, AARP leaders appreciate you.

Arts Across Generations Program Announces Award Winners

The inaugural Arts Across Generation program took place June 1 in conjunction with Blacksburg's Art Walk.

The 2018 theme was "The Joy of Life." During the month of June AARP celebrated artworks created by multi-generational artists with an exhibit at the Lyric Theater.

This initiative enacts two core values of the AARP-Blacksburg chapter: 1) viewing retirement as a time to embrace current passions and learn new ones, and 2) providing opportunities for community members across generations to interact in meaningful ways.

The award winners were:

- First Place: Suzanne Ross, Michele Walter, and Bethany Walter, Roanoke, VA
- Second Place: Len Diloia Sr., Len Diloia Jr., and Nicole Diloia, Christiansburg, VA
- Third Place: Lee Smith Musgrave and Nathaniel Andrew Salzberg, Blacksburg, VA
- Fourth Place: Joyce Crowder, Dublin, VA

AARP thanks all contributors and patrons for their involvement, especially Peter Magolda, who organized the program.

LLI to offer duplicate bridge class

This fall, LLI will offer a 5-week course in duplicate bridge. It meets Wednesdays 9–10:30 am in the Blacksburg Community Center.

The course will start at the beginning. Topics include an introduction to bridge. You will be playing hands from the first lesson on. The course will build in complexity with bidding, play of the hand, and defense. Finally, you will learn bridge techniques to improve your game. This is a friendly, easy, no-nonsense way for you to learn this game.

These lessons are geared towards people of all skill levels. You do not need a partner to attend these classes.

Instructors are **Susan Bricken** and **Richard Rio**. Susan is a certified bridge instructor, member of the American Bridge Teachers' Association, and a member of the Blacksburg Duplicate Bridge Club. Richard is a certified bridge instructor and an American Contract Bridge League Life Master. He is the President of the Southwestern Virginia Bridge Unit.

Duplicate bridge is aerobic exercise for your brain and provides plenty of laughter for the heart. Many people would say that duplicate bridge is the greatest game ever devised. Others consider it to be more of an addiction. Over the last 20 years, the game has changed dramatically to provide more variety to the game and more competition on every hand.

You can enroll for the course by going to the LLI registration site: <http://www.cpe.vt.edu/lifelonglearning/registration.html> Or call the LLI Registrar: 540-231-5182 or 540-231-4364.



Wendy Baldwin stands beside entries for "Arts Across Generations"

AARP goes Steppin' Out!

Steppin' Out is Blacksburg's largest street festival and AARP was well represented. With approximately 35,000 people wandering the exhibits and enjoying the food, music and crafts, it is a great time to share information about who we are and what we do. Lauren Blakemore, Director of Downtown Blacksburg Inc., led the overall effort of putting on the 38th annual Steppin' Out. "We cannot make this happen without the generous support of our many community minded sponsors and the multitude of tremendous volunteers who keep everything moving smoothly," she said.

AARP was one among more than 300 exhibitors, but with the leadership of Hugh VanLandingham, we stood out. A dozen chapter members held down the AARP table and gave away information on gerrymandering, aging in place, Medicare and the benefits of AARP membership. Jerry and Ruth Anne Niles and Ben Crawford were instrumental setting up. They were joined by Sally Anna Stapleton, Don Creamer, Terry Wildman, Peter Magolda, and Pat Hyer on Friday in the seemingly relentless rain. That didn't stop the crowds which swelled on Saturday in the glorious weather, and Isabel Berney, Steve Reisinger, Jennie and Mike Reilly and a new AARP member, Dick Skutt, plussed up the staffing and represented AARP. It took the whole team to pack and close up shop and load Jerry's SUV when it was all over. Until next year! Plan to join the fun!

Jennie had a great encounter with a woman who, after getting information on the Health and Wellness Fair, asked if AARP offered any English classes for adults so she could strengthen her English. Well, Jennie didn't know of any but she asked Pat Ballard who directed her to Molly McClintock who works with immigrant families. Molly was able to connect her with an interpreter close by. That ability to network in the community and provide real help to our neighbors makes AARP special and makes volunteering with AARP activities so rewarding.

For Sale: Chair lift for one flight of stairs. Excellent condition. Please contact Karen@KarenSnyder.com 301-233-6784

Legislative Report *by Val Coluni*

1. Another scam—"DEEP FAKE." Its relatively new and creative. What is it? It is a video made with the help of artificial intelligence which appears genuine and usually depicts speech and/or behavior that never happened. It is a forgery easy to produce and it is being used for many devious uses (blackmail, extortion, swaying elections, exacerbate religious tensions, etc.). For us seeing should not autonomically result in believing. The line between real and fake is now being blurred. For your important decisions use multiple sources to verify the information. Today, our seniors are prime targets for such abuses, primarily financial.

2. Gerrymandering—Virginia. A federal court has ordered our General Assembly to revise our district maps by October 30. There are major implications for party control in the House.

2018 Walk to End Alzheimer's

Heather Gearhart wants to take a walk with you! Come September 29, there will be a great opportunity to help raise money for Alzheimer's Research. Since Heather is VP for Health and Wellness at Warm Hearth, she knows first-hand the toll that Alzheimer's Disease (AZ) takes on individuals and families.

The walk starts at Henderson Lawn (across from the Lyric Theatre). Although it is two miles, you can tailor it to suit your schedule and stamina. Teams form before the walk, but you can just join the Warm Hearth team if you like. Registration begins at 8 am; the walk begins at 9:30.

Warm Hearth has participated in every walk in the New River Valley, and Heather has been there since 1997. Warm Hearth, a partner to AARP, shares our concern for possible misfortunes of aging—and the power of volunteering. Some volunteers stay at the finish line to welcome those completing the walk.

Heather came to her interest in AZ and volunteering early. She watched her grandmother battle AZ. While a student at Radford she worked at an assisted living facility and bonded with a resident who had early onset AZ. This shaped her educational future. She completed a master's degree in long-term care administration from University of Southern California.

The memory walk began in 1989 and raised \$149,000 nationally. In 2011 the AZ Association renamed the event to the Walk to End AZ and now it is the world's largest event to raise awareness, funding and support of AZ research. But name changes did not end there; in 2011 the local walk was rebranded as the New River Valley Walk to end AZ, with a goal of raising \$81,000 for our little area. We compete well on a national level, but only because individuals get energized, make donations, and participate in high visibility events—like the walk.

In 2017 close to 500 people participated in the walk and of course, the hope is that more will walk this year. Want to be part of the Walk that beats that number? Raises more money? Elevates visibility of AZ? Come take a walk with Heather.

More information: act.alz.org/site/TR?fr_id=11577&pg=entry

Heather Gearhart: HGearhart@warmhearth.org

Governor Northam called a special legislative session to accomplish this, and meetings have begun. Our GA requested relief from the October deadline, but the courts have rejected this. So far these discussions have resulted in more party conflicts, and agreement appears to be far away. Many experts say that drawing of district maps should be taken away from politicians and done by an impartial governmental body.

Gerrymandering—Wisconsin, North Carolina. A recent U.S. Supreme Court review decided very little about partisan gerrymandering. Both cases have been returned to lower courts to re-review the matter and come-up with an acceptable solution.

Gerrymandering—North Carolina. The order to redraw districts is still being argued in the lower courts; the parties have argued with vigor that the changes cannot be made within the timelines of the November elections.

3. New Medicare Card. A new card is being issued to all beneficiaries to further protect your identity and reduce medical and financial fraud. Some in Virginia have already received their cards. Many care providers are already requiring the new card to be submitted. If you have not received your new card before April 2019 call 1-800-633-4227 for assistance.

4. Senior citizen bankruptcy—surging. It has more than tripled since 1991. The percentage of seniors in bankruptcy has never been higher. The causes are numerous, including the reductions in the social safety net and the shift away from defined pension benefits. If you know of any family/colleagues having financial difficulties, encourage them to obtain professional help immediately. The prospects for seniors who file for bankruptcy are bleak.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 am.

Chapter Officers 2018

President • Wendy Baldwin, wendybburg@gmail.com
Vice President • Jerry Niles, niles@vt.edu
Secretary • Pat Hyer, hyerp@vt.edu
Treasurer • Pat Ballard, pballard@vt.edu
Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

- 2018—Wendy Baldwin, Ryan Martin, Lisa Moose
- 2019—Tamara Hodsden, Peter Magolda, Jim Montgomery, Wanda Smith
- 2020—Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham


Newsletter editors: Carolyn Rude, Sandra Griffith

AARP Website: www.blacksburgaarp.org



Blacksburg Chapter #2613
 Wendy Baldwin, President
 P.O. Box 10082
 Blacksburg, VA 24062

**Nonprofit
 Organization
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 PAID
 Blacksburg, VA
 Permit No. 32**

Blacksburg Chapter  Member Application for 2018

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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

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

Please consider an additional donation to support our AARP chapter and its projects. \$10___ \$25___ \$50___ \$100___ Other \$___

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
 Mail the check and this form to: .

Ryan Martin • P.O. Box 10082 • Blacksburg, VA 24062