



# BLACKSBURG NEWS

Volume 19, Issue 5

Chapter # 2613

May 2002

## IMPORTANT MEMBERSHIP PROGRAM

### IMPROVING OUR MEMORY

Ann Glass

May 21, 2002,

11:30 a.m.: Brown-bag lunch -- 12 noon: Program  
Blacksburg Senior Center

\*\*\*\*\* Bring a Friend \*\*\*\*\*

## PRESIDENT'S MESSAGE

R. B. "Ben" Crawford

I'm fond of the **Pickles** cartoon that runs daily in the Roanoke Times. His retired friend said: "I like what Carl Sandburg said about life...Life is like an onion: You peel it off one layer at a time, and sometimes you weep." Pickles then said: "I like what Andy Rooney said... Life is like a roll of toilet paper, the closer it gets to the end, the faster it goes." There are three (3) advantages to becoming a Senior Citizen and growing older: First, you can tell the same jokes over and over again, and still laugh. Second, you can watch the same movies over and over again, and still enjoy them. And third, you can tell the same jokes over and over again, and still laugh.

Seriously, no matter our age in life, eight or eighty, six or sixty; we can all improve our **memory** -- the program topic for our May meeting. The dictionary defines memory as the mental faculty of retaining and recalling past experience, i.e., the ability to remember. I've never had a good memory and am looking forward to our membership meeting this month -- brown bag lunch 11:30 a.m, Tuesday May 21, Senior Center on Patrick Henry Drive -- program on **Improving Our Memory**. Hope you can come.

Last month I reported to you that Board members **Pat Palmer, Paul Smeal** and **Don Elson** are spearheading a membership enrollment campaign. Recently, we sent a letter to approximately 30 former chapter members reminding them they have not yet paid their dues this year. The letter also gives them the opportunity to make a donation to the chapter. Paid members, probably you, received a similar letter to help us update our list of members, and which also offers an opportunity to make a donation. If you have replied, thank you sincerely! If not, please take a few moments to respond. Further, we mailed approximately 35 letters to prospective new chapter members. It is anticipated we will have several "first timers" at our May meeting. I know you will make an extra effort to give our new members a warm welcome and make them feel at home with us.

AARP's outgoing National President, **Tess Canja** said: "Community service remains at the heart of AARP's mission to serve older persons. And the incoming President, **Jim Parkel**, says about community service: "It's an integral part of my life. What I've learned is that it's good for the body -- and good for the soul." Parkel's major goal as AARP President

is to encourage "50-plus Americans to engage in community service and, in later life, to stay involved." Parkel, retired CEO of the IBM International Foundation and, at age 62, is AARP's youngest President.

Our immediate Past President, **Darrel Clowes** recently completed our chapter summary report and sent it to national headquarters. Last year, we sponsored a highly successful Health Fair, and fixed the wiring for a low-income widow to make her home safe from electrical fire. In coordination with Social Services and the Area Administration on Aging, we prepared and delivered 20 Independent Living Baskets to needy persons. Our report reflects much more community service but this gives one an idea of our impact in Blacksburg and Montgomery County.

The condensed report of all AARP chapters is staggering! Of 1813 chapters that submitted reports for the year 2000, the total number of volunteer hours on community service activities was 2,086,689. Chapter members volunteered 2,442,845 hours in external organizations like Red Cross, 4-H, Meals on Wheels, BSA, hospitals, schools, etc. Each participating chapter reported an average of 1150 hours of community service. Average chapter membership was 106 members. Our membership is 174 and increasing. Fifty percent of the chapters produced a newsletter.

If you do a lot of traveling as so many of our members do, consider AARP's three-day national event in San Diego, CA, September 12-14, 2002. The theme is **Life @ 50 +**. TV personalities Willard Scott, Suze Orman, Tony Bennett, together with Newt Gingrich, James Carville and numerous others highlight the program. For more information, see your current AARP Bulletin (page 11--registration form), or on the web at [www.aarp.org/events](http://www.aarp.org/events).

Hope to see you on May 21. Meanwhile, the very best to you and yours!

## FUTURE MEMBERSHIP PROGRAMS

The May meeting will be held at the Blacksburg Community Center on **May 21**. Be sure to make a special effort to attend and remember to bring a friend and your lunch. As noted below, the Independent Living Gift Basket Project committee needs as many of you as possible to be at the Center no later than 11:30 a.m. to help assemble the baskets. **The program on Improving Our Memory will follow at noon.**

May 21 – Improving Our Memory, Ann Glass

June 18 – Annual Picnic

July and August -- No meetings

## INDEPENDENT LIVING GIFT BASKET PROJECT — SPRING 2002

June Schmidt

Our chapter is preparing 20 gift baskets for delivery seniors of need in the community. Our State AARP Chapter has provided resources to purchase the baskets and has sent a variety of items to put in them. The items include nerf exercisers, band-aid holders, carpet tape, night lights, tub and shower safety tape, pill boxes, bookmarks, and selected printed materials. Members of the Gift Basket Project Committee are contacting Lowe's, Home Depot, and local hospitals to secure items such as flashlights, smoke detectors, and other safety devices to include in the baskets. In addition, Krogers is supplying ribbons for the baskets.

**The baskets will be assembled at our May 21 meeting. The Committee asks that members arrive early, no later than 11:30 a.m., to help assemble the baskets. They**

will then be delivered to individuals identified by the Agency on Aging and Social Services.

If you have any questions about the baskets or would like to supply items for them, please contact a member of the committee. They are Darrel Clowes (381-2335), Bob Blanton (552-1919), Lula Roberts (552-7655), and June Schmidt (552-1590).

We need your help in assembling the baskets so be sure to come at 11:30 on May 21!

### **KOREAN WAR MEMORIAL TRIP**

Frank Lau

We will depart Christiansburg on Thursday July 25 and return Saturday July 27. Don't forget that the two night stay in Washington DC, will only be with one bus. First come, etc.. This is a year to go for seeing these inspiring sights, with some very good company. Double occupancy, bus costs, plus some amenities is \$125/ person. Contact me at 961-0516, or [franklau@earthlink.net](mailto:franklau@earthlink.net) to get an application, or further information.

### **MEDICARE AND OTHER SENIOR HEALTH INSURANCE ISSUES**

A seminar will be held on Monday, June 3 from 9:00 a.m. to noon at the Blacksburg Senior Center. The focus of the seminar will be on health benefits for veterans, Medicare Parts A and B and Medicare Fraud. The seminar is being presented by the Senior Health Insurance Counseling Program of the New River Valley Agency on Aging. It is being co-sponsored by the Blacksburg AARP chapter and the League of Women Voters of Montgomery County. No registration is required.

## **MEMBERSHIP UPDATE**

**Have you paid your 2002 dues?  
2002 BLACKSBURG AARP CHAPTER  
DUES**

**\$6.00 individual or \$10.00 for  
husband and wife**

**Please renew your membership.**

Pat Palmer is our Membership Chair. If you have friends who should be members, please bring them to the next meeting and encourage them to join. Dues can be paid at the meeting or sent to Pat. His address follows:

**Pat Palmer  
2003 Scott Drive  
Blacksburg, VA 24060**

Have I paid my dues for 2002? Check the mail label on your Newsletter. If "2002" appears on the label, you have paid.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member." The current membership list has the following members that are 90 years of age or older:

Alice Dewitt	Fay Hoy
Wesley Judkins	James McCann
Esther McKenna	Edward Mundie
Beverly Printz	Nelle Trent
Lottie Trimm	

If you know of corrections to this list, please tell Pat or Don Elson so that our membership records are correct.

## **TOURS AND TRIPS FOR SENIORS**

Paul Smeal

These tours and trips are sponsored by the Montgomery County Parks and Recreation. Register early as many of the trips become full before the registration deadline date. Payment must be made at the time of registration. – Telephone registrations will not be accepted. Registration forms or additional information may be obtained by contacting Kemvia Adams-Bush, 382-6975, e-mail: [Kemviaab@naxs.net](mailto:Kemviaab@naxs.net). The Montgomery County Parks and Recreation Office is in Suite 1E, 755 Roanoke St., Christiansburg, 24073-3174.

### **Quilted Expressions**

More than 4,000 bolts of top quality fabrics; a variety of patterns, books, notions quilt related items. Join in the fun of a Quilted Tote Bag Class during the afternoon. Supply list available. Participants not wishing to take class will have the option of afternoon time on your own at River Ridge Mall.

Date: **Monday, June 3**

Fee: \$8, transportation only  
\$45, transportation, class and kit fee,  
sewing machine rental

Times: Leave Gables at 8:00 a.m. and return  
at 6:30 p.m.

Registration deadline: **May 20**

### **National D-Day Memorial**

Date: **Wednesday, June 5**

Fee: \$15; lunch on your own at K&W.

Times: Leave Gables at 9:15 a.m. and return  
at 4:30 p.m.

Registration deadline: **May 28**

### **Holyland USA**

Journey to Holyland USA, a recreation of the Bible lands in Israel. Tour consists of a guided, riding Bible study journey depicting the journeys and deeds of Jesus.

Date: **Tuesday, June 11**

Fee: \$20, transportation and tour; lunch on  
your own at Golden Corral after tour.

Times: Leave Gables at 7:30 a.m. and return  
at 4:00 p.m.

Registration deadline: **June 3**

### **Senior Day at the Park**

Fun filled day at Randolph Park in Dublin including a summer cookout with live music, games, activities, jam session and bingo. Blacksburg American Legion will present ceremony celebrating Flag Day. Bring along an instrument and join in the jam session.

Date: **Friday, June 14**, 11:00 a.m. -- 3:00 p.m.

Fee: \$10, includes lunch, activities and  
transportation;

\$7, lunch and activities only

Registration deadline: **June 5**

### **Horn in the West**

Travel to the beautiful foothills of the Blue Ridge in Boone, NC for a famous drama of the American Revolution. Saga of the red-coat militia, the Cherokee War Chief, the struggles of the mountain settlers, and their role in winning this country from the British.

Date: **Tuesday, July 16**

Fee: \$28; includes transportation, theater, and  
dinner

Times: Leave Gables at 3:00 p.m. and return  
at 1:30 a.m.

Registration deadline: **June 27**

## **NEW RIVER VALLEY SENIOR OLYMPIC GAMES**

Paul Smeal reports that several members of our Blacksburg AARP chapter participated in the Senior Olympic Games held recently. They all either won medals or placed very well in their particular sport. His hope is that MORE OF US will participate next year. This was the 24<sup>th</sup> year of the Senior Olympic Games.

## **AARP WEBSITES**

AARP has its own website, called AARP Web place, which features information about the Organization's activities and issues of interest to older persons. To access information on a host of topics please visit the site at <http://www.aarp.org>. Some of the information featured includes membership benefits, legislative issues, and health and wellness concerns.

## **FREE CLINIC OF NEW RIVER VALLEY**

The Free Clinic of New River Valley needs and welcomes volunteers to join in meeting the needs of residents without health insurance in the New River Valley. A full range of volunteer opportunities is offered including office and clerical, marketing, and all health care professions. For more information, contact Amy Vaughan at 381-0820.

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Jim Moore