



## Blacksburg Chapter Newsletter

June 2010  
Volume 27, Issue 6

### Chapter Picnic Tuesday, June 15

***The annual Blacksburg AARP Chapter & White Elephant Auction will be Tuesday, June 15 from noon to 1:30 pm at the Nellies Cave Park Shelter in Blacksburg.***

Beverages, plates, knives & forks will be provided. Bring a covered dish or two of the following to share with other chapter members: meat, salad, vegetables, or dessert. Also bring all of those attic/basement treasures which you think will sell to buyers who will be bringing cash to purchase a gift for family and friends.

Two special treats will be at the picnic this year. The New River Valley Model A Club will have a great display of classic cars. In addition, there will be entertainment from *Paul Little (guitar)*. Come early to enjoy all the activities. Bring a friend and a ***white elephant***.

### September Health Fair

The Via Virginia College of Osteopathic Medicine (VCOM) will host the chapter's annual Health Fair on September 21<sup>st</sup>. The Fair will feature valuable information on health from exhibitors representing hospitals, health insurance companies, care givers, etc. The Fair will be located in the VCOM II Building located near the intersection of Ramble Road and Kraft Drive in the VT Corporate Research Center. StellarOne Bank is also located in this building. It is the same location as the

Chapter meeting in January. Ample parking is available. A visit to the Health Fair will be both interesting and informative.

Put September 21<sup>st</sup> for the Health Fair on your calendar now. There will not be a chapter meeting in July or August.

### May Meeting Very Successful

A capacity crowd of 100 people attended the Blacksburg Chapter's May 18<sup>th</sup> meeting featuring Bill Kallio, the director for AARP Virginia. Kallio's topic was "Navigating the New Health Care System." The basic message of his presentation was that seniors should be re-assured about the future of their health care, especially Medicare. Kallio noted that Medicare will only get stronger. One example of a better future for senior health care will be the eventual elimination of the Medicare "doughnut hole" in the prescription drug (Part D) plan. This year seniors can get a \$250 reimbursement for prescription expenses that hit the "doughnut hole." There will be no gap for prescription drugs by the year 2020.

Another strong feature of the Health Care Law is that Medicare will provide without charge preventive care such as colonoscopies, cholesterol screenings, and bone density tests. One annual physical will also be available without charge to Medicare patients.

## **MOU signed with VCOM**

A Memorandum of Understanding establishing stronger ties between the Blacksburg AARP Chapter and the Via Virginia College of Osteopathic Medicine (VCOM) was signed on May 18<sup>th</sup>. The Blacksburg AARP Chapter will assist in identifying prospective students and placing graduates, participate in research and training programs, and assist in creating funds for student scholarships. VCOM will conduct Health Fairs for adults and communicate and assist with prevention and information programs for successful aging such as giving special lectures.

## **Support AARP United**

At 8:30 pm on June 19<sup>th</sup> several chapter members who are part of the AARP United group, will be representing the chapter in the Summer Solstice Downtown Sundown 5K race. Members who are not in the race can still support the racers by cheering them when the starter's gun is fired and greeting them at the finish line. The race will begin and end at the Blacksburg Library. Look for the members who are wearing red t-shirts.

## **Work Day at Warm Hearth**

On the 28<sup>th</sup> of May, for the third year in a row, the chapter had a work crew at Warm Hearth to repair benches. This year the crew of Brian Allen, Jim Moore, Tom Alston, John Hillison, and Sharen Hillison stained and varnished 14 outdoor wooden benches that are used by Warm Hearth residents at the Kroontje Center.

## **Chapter Assists with Taxes**

Led by Pat Ballard, a total of 17 volunteers provided assistance completing tax returns for a large number of seniors in the community. Service was provided for 720 residents this year as compared to 699 last year. The free service is provided from February 1 to April 15. Appointments were made four days a week. The Senior Center at Christiansburg Recreation Center provides its facility free of charge for the volunteers and the seniors receiving the service. A big thank you to Pat Ballard and her volunteers for helping seniors with their taxes once again.

***Walgreens/AARP Health & Wellness Tour Bus will be at the Christiansburg Walgreen's location on Saturday July 17<sup>th</sup>. The time will be announced later. Free screenings will be held. Everyone who attends will get a free year's membership in AARP or a free year's extension for current members.***

**AARP Chapter 2613  
Board of Directors Minutes  
June 1, 2010**

The meeting took place in the Art Room of the Blacksburg Community Center. **Call to Order:** President Brian Allen called the meeting to order at 10:00 am. **Officers Present:** President Brian Allen and Vice President John Hillison **Board members present:** Don Creamer, Sue Farrar, Dan Fleming, Joe Fotenot, Mary Ann Hinshelwood, and June Schmidt **Non-Board members & committee chairs:** Doris Abraham, Larry Alexander, Ben Crawford, Curtis Finch, Margaret Kates, Carl McDaniels, and Curtis Roane (continued on the next page)

**Adoption of the agenda**-Don Creamer moved adoption of the agenda. Motion passed.

**Approval of minutes of May 4**-Dan Fleming moved approval of the minutes. Motion passed.

**Treasurer's report**-Report was distributed by assistant treasurer Brian Allen and showed a balance of \$2,464.52. Motion to receive the report by Mary Ann Hinshelwood passed.

### Committee Reports

**Health Care** -- Larry Alexander reviewed some suggestions for staying active physically, mentally, & socially to maintain a healthy life style.

**Membership** -- Don Creamer distributed copies of the May membership report with a steady membership of 321.

**Public Relations** -- Ben Crawford reported an active time with a positive report in the press & TV for the May 18 meeting on Health Care Reform with Bill Kallio, Executive Director of AARP Virginia. He further reported on the signing of the Memorandum of Understanding (MOU) with the Dean of VCOM.

**History** -- Doris Abraham no report.

**Legislation** -- Dan Fleming reported there was legislation introduced in the Senate to open up the importation of prescription drugs to all RX drugs.

**Program** -- Carl McDaniels reported that everything was in order for the June 15 picnic & pot luck lunch at Nellie's Cave Park. There will be music by Paul Little & our annual auction with Jo Ann Underwood in charge of all the White Elephants for sale. All programs were noted for the rest of the year.

**Newsletter** -- Edd Sewell is away and John Hillison will edit the June newsletter. A draft copy was shared.

**Drivers Education** -- Curtis Finch reported there is no program for the summer. Some discussion has been held about holding a possible class in Pulaski.

**Hospitality** -- Curt Roane noted that all is ready for the June 15 pot luck picnic. He asked for volunteers to help set up and clean up.

**Community Service** -- Brian Allen reported on the May 28<sup>th</sup> work day at Warm Hearth.

**Pre-School Initiative** -- Sue Farrar led a discussion about the location and focus for this possible effort starting later in 2010 for Montgomery County four year old pre-kindergarten children. Up to five County schools could benefit from the program. It was agreed that a table could be set up at the September 21<sup>st</sup> Health Fair to solicit food and further support with the Ruritan-AARP food drive. Further details will be discussed at the September board meeting.

**Cooperation with Free Clinic of the New River** -- Don Creamer reported on possible cooperation between the chapter and the Clinic could occur. Suggestions were that a future board meeting be held at the Clinic, as well as a booth at the Health Fair, and a full program or a table top presentation be used. Future cooperation will be discussed at the September board meeting.

**HCA Montgomery County Hospital** -- Carl McDaniels reported on a meeting he held with Ben Crawford and a representative of the hospital concerning possible avenues of cooperation based on the HCA Healthy Aging Initiative. Future opportunities for building a relationship were reviewed and discussed. More discussion will be held at the September board meeting.

**Adjournment**-The meeting adjourned at 11:45 am.

Respectfully submitted

Carl McDaniels Acting Secretary

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## PRESIDENT'S CORNER

Well I am back from my travels. Took my son, the history buff, to London and Ireland (used airline miles thank goodness) at the beginning of May, then the day we had our meeting with Bill Kallio I had to drive to Tulsa, OK for my niece's wedding. I hated to miss that spectacular meeting. Bill is excellent at what he does, very knowledgeable and I hope he allayed a lot of your fears about the future of Medicare.

We have a wonderful program coming up June 15th, our Annual Picnic and White Elephant Auction. We are to have musicians this time so be sure to come and bring along a friend or two, plus anything you want to be rid of that we can sell. This is our last chance to get together until September. Thanks for participating; see you there. Best regards, Brian