

James J. Owen, President  
AARP Chapter # 2613  
502 Preston Avenue  
Blacksburg, VA., 24060

AARP CHAPTER Meeting  
Tuesday, November 19, 1996  
Blacksburg Community Center  
(Bring your own lunch)

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

Exp. 12/96

Mr. Kenneth Martin  
516 College View Drive  
Blacksburg VA 24060

Blacksburg



A. A. R. P.

# NEWSLETTER

Volume 13, Number 9

November 4, 1996

Chapter 2613

November 19- - - - - The November meeting will be held at the Blacksburg Community Center, at 11:30 a.m., featuring a talk by CAROL TUCKWILER, Director of the Virginia Room of the Roanoke Public Library, where they have an extensive supply of genealogical references.

A few minutes before the program, there will be a short business meeting at which time "Election of Officers for 1997, the Nominating Committee for 1998 and Board of Directors for 1999" will be held.

December 3- - - - - CHRISTMAS PARTY will be held at Custom Catering Center, at 6:00 p.m. Cost \$10.00, per person. There will be a program of Christmas music, SING-ALONG style.

Reservations may be made at the November 19 meeting, but must be made by Tuesday, November 26. Call WILDA SIBURT, 951-1358. Make checks payable to AARP and send to WILDA SIBURT, 518 Seminole Drive, Blacksburg, VA., 24060-7800.

**THERE WILL BE NO NEWSLETTER IN DECEMBER.**

**HAVE HAPPY HOLIDAYS.**

## AARP ELECTIONS

The following is a list of Nominees to serve as officers for year 1997

President	Kennith Martin
1st Vice-President	Wynell York
2nd Vice President	Dale Oliver
Secretary	Ruby Murley
Treasurer	Ralph Cecchini

The following are nominated for the Nominating Committee for 1998

James J. Owen  
Wilda Siburt

The following are nominated for the Board of Directors for the Class of 1999

Kenneth Dawson  
Clara Jane Billig  
Cerrie Coil

Election of the nominees will be held at the November 19 meeting and installations of those elected will be held at the December 3 meeting.

## NEW MEMBERS

**BOB BLANTON**, membership chairman, reported that five new members have been added to our membership list, bringing our total to 258.

Virginia Breland  
Dattel Clowes  
Mary Larimer  
Jo Anne Underwood  
Lindsay West

We welcome these new members and look forward to seeing them at our chapter meetings.

## VISITOR TO BOARD MEETING

The Board welcomed to our November 4th meeting **KAREN A.ROBERTO**, PhD, Director of Center for Gerontology, at VA Tech.

She spoke of her work among the aged. She is on a committee for **WARM HEARTH**, and other committees dealing with the problems of the aged. She offered the services of the Center for Gerontology to AARP.

# Fall is time for flu shots

Americans , 65 and over, should get flu shots this month or next, health experts advise. Annual vaccinations are needed, they say, because the type of flu most likely to spread during the winter changes from year to year.

Flu vaccinations are also recommended once a year for some younger people, including health workers and those with certain chronic medical conditions.

Public health officials now suggest that people over 50 (not just those over age 65) consider being vaccinated against pneumococcal pneumonia. Booster shots may be required after 10 or 15 years.

Flu and pneumonia shots rarely cause side effects and are inexpensive. Medicare covers at least part of the cost, and all of it if the shots are given by a participating physician.