

AARPSM Blacksburg Chapter Newsletter

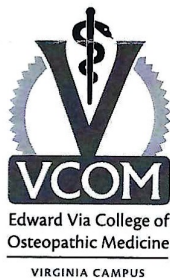
September 2012
Vol. 29, No. 7

www.blacksburgaarp.org

Our September program, the Health and Wellness Fair, will be held on Wednesday, September 19 from noon to 4 pm rather than the regular Tuesday meeting date. Here is information on the fair:



Health and Wellness Fair



FREE and Open to the General Public

Wednesday, September 19, 2012

Noon – 4:00 p.m.

VCOM II Building

2280 Kraft Drive, Blacksburg, VA
(Virginia Tech Corporate Research Park)



Featuring:

- Over 100 Exhibitors
- Flu Shots (Free if on Medicare)
- Hearing & Vision Tests
- Ask-a-Doctor
- Free Light Snacks
- Lunch may be purchased on-site

Screenings include:

- Blood Pressure
- Blood Sugar
- Body Mass & Nutrition Advice
- Bone Density
- Cancer Screening Advice
- Musculoskeletal Screenings

Major Sponsors

Bath Fitter	English Meadows	The Hearing Clinic
Blacksburg Eye Associates	Farhi Vision	Virginia Farm Bureau Insurance
Carilion Clinic	LewisGale Hospital - Montgomery	Warm Hearth Village

President's Column

This is an event-filled month for our chapter. The Health and Wellness Fair, co-chaired by John and Sharen Hillison, is scheduled for September 19 at VCOM II, 12 noon to 4:00 p.m. Further, this fair serves as the public meeting for our chapter this month. September also is Food Drive month and your chapter is fully engaged in local food drives thanks to the leadership of Sally Anna Stapleton. The national *You've Earned a Say* initiative is moving forward, guided in large measure by the leadership of Leslye Bloom and John Hillison, and is working toward a major event scheduled for September 24 at Fralin Hall Auditorium on the Virginia Tech campus beginning at 5:30 p.m. This latter session is a multigenerational event to enable students and seniors to voice their ideas for preserving Medicare and Social Security.

Your chapter encourages you to vote in the elections. Despite the often-communicated message that voting will require a picture ID, your Commonwealth of Virginia Voter Registration card is all you need. Many other forms of identification will be accepted, but your voter card will suffice.

Tom Alston, Vice President and Membership Chair, will conduct a membership drive at the Founder's Day event at Warm Hearth Village on September 29. Remember also that your membership dues will need to be renewed soon.

Don Creamer

Community Service / Create the Good

September is traditionally a month of community service and this September is full of ways that everyone can give back to their community.

The AARP State Wide Community Food Drive was held September 8, 9, 10 & 11th. Donations were taken at the Mt. Tabor Ruritan Fish Fry and the South Main St. Kroger in Blacksburg. All food donations were distributed to the MCEAP food pantry in Christiansburg and the Interfaith Food Pantry in Blacksburg.

Also, some seniors in our community need

your support as RSVP of Montgomery County/Radford collect for "Supplies For Seniors". Collection sites are at Christiansburg Recreation Center, Montgomery County libraries, Pulaski County libraries, the RSVP office, and the NRV Agency on Aging. These supplies will benefit 265 homebound seniors.

Thank you for your help and community service.

Sally Anna Stapleton
AARP Community Service Committee

AARP at the June Summer Solstice Sundown 5K Race

Six members of the AARP United race team represented the chapter in the June Summer Solstice Downtown Sundown 5K race. Four members received medals for their age groups.



The members of the team (L to R) are Paul Smeal (gold), Angela Little, Judy Gwazdaushas (silver), Sharen Hillison (bronze), Norm Eiss (silver), and John Hillison.

Health Tip for September

from Larry Alexander

**It is NEVER too late to start exercise
and good health practices!**

AARP 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. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 a.m.

PO Box 10082

Blacksburg, VA 24062

www.blacksburgaarp.org

New River Valley Agency on Aging

Tina King, Executive Director

Days are notably getting shorter but not much cooler. However, autumn is quickly approaching. At the Agency on Aging this is a reminder that the Annual Enrollment Period (AEP) for Part D Medicare Prescription Drug Plans is also approaching. The AEP begins October 15, 2012 and runs through December 7, 2012. It is the time of year that individuals with Medicare should consider making changes to drug plans and/or Medicare Advantage plans for 2013. Unless special circumstances apply; the AEP is the only time that changes can be made to existing plans.

The Agency on Aging is offering Medicare beneficiaries assistance during the AEP, through the Virginia Insurance Counseling and Assistance Program (VICAP). The service is free regardless of an individual's income. We are not affiliated with any insurance company. VICAP program staff and trained volunteers simply work with individuals to provide information that will assist in making informed decisions.

In order to obtain assistance during the Annual Enrollment Period, individuals must complete a form that can be obtained from the Agency on Aging, either through the mail or electronically. The form can be obtained by calling the Agency at 980-7720. In order to receive timely assistance forms should be returned to the Agency by September 25, 2012. Upon receiving completed forms, the VICAP staff will analyze all available Part D plans in regard to the medication profile of each individual and determine the coverage options. If a new plan is found that appears to better suit an individual's need, an appointment will be scheduled during the AEP to discuss options. During the appointment, individuals can choose whether to make a change and receive assistance in enrolling in a new plan if requested. After researching plan options, if it is determined that an individual's existing plan is suitable

for 2013, a letter will be provided indicating that no change is needed and an appointment is not necessary.

On another note.... For those wanting a day filled with fun and shopping, while helping a good cause, we invite you to join us at the Christiansburg Recreation Center on Saturday, September 29, 2012 at 10:00 a.m. The Agency on Aging is having an "All About You!" event catered to women that involves shopping, food and entertainment. A "Purses for a Purpose" designer purse silent auction will be held from 10 a.m. until 12:00 p.m. Additionally, a Zumbathon will take place from 12:30 p.m until 3:00 p.m. There will be numerous vendors with items such as jewelry, cosmetics, handbags, arts and crafts, food and baked goods, etc. The cost to attend is \$3.00 per person. Participation in the Zumbathon cost \$10.00 per person and the \$3.00 event entry fee will be waived. **All proceeds from the event will directly support vital services for older adults in our communities throughout the New River Valley. These services include home delivered meals, medical transportation and respite care. For more information, contact the Agency on Aging at 980-7720 or by e-mail at [nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org).**

Remember the Agency on Aging serves as an Aging and Disability Resource Connection, answering questions and providing assistance with finding information, services and advocacy as needed. Personalized assistance from a trained specialist is available by phone Monday through Friday, from 8:00 a.m. until 4:30 p.m., simply by calling 980-7720 or 1-866-260-4417.



**"September . . .
Sir, the bough cracks
with unpicked apples,
and at dawn the small-
mouth bass breaks
water . . ."**

Robert Lowell, 1917-1977

**Financial Report Blacksburg AARP
Chapter 2613
June, July and August 2012**

Balance end of May 2012	\$5,808.37
Credits	
Health Fair (exhibitors)	\$ 4500.00
Picnic (auction and donations)	532.00
Memberships	135.00
Interest	.92
TOTAL	\$5,167.92

Debits	
Micah's Backpack donaation	\$ 100.00
John Hillison (postage)	34.25
John Hillison (Health Fair expenses)	268.04
PO Box rental (50% with Funeral Consumers)	60.00
Warm Hearth Village (Founders Day sponsor)	100.00
Kopy Korner	98.70
TOTAL	\$ 660.99

Balance at end of May 2012	\$ 10,315.30
Balance in reserve account	\$ 2,680.47

**Membership Report Blacksburg AARP
Chapter # 2613
September 2012**

Member Profile:

Category	Individual	Household
AARP 2012 Members	244	150
AARP 2013 Members	9	6
Lifetime Members	41	24
Life Members	11	10
Comp Members	19	19
Honorary Members	3	2
Total Membership	327	211

New Members: 2 Michael & Yuriko Renardy
Membership Committee: Tom Alston (Chair), Sue Farrar, Jim Wightman

**Creative Learning Academy for
Senior Scholars at Virginia Tech
Fall 2012 Courses**

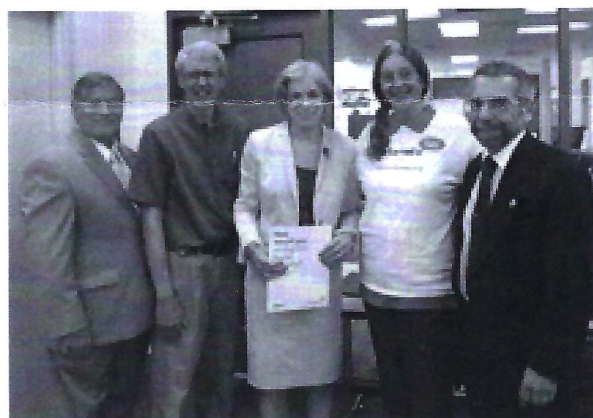
This program, designed for older adults, will meet for six consecutive Thursdays, September 20 – October 25 and will feature two classes in the morning held at The Inn at Virginia Tech. The classes run from 9:00 – 10:15 am and 10:30 am – 11:45 am. Participants pay one low fee of \$75, which enables them to attend any or all the classes.

The two topic areas will be (by popular demand) Local History, Culture, and Folklore and International Cultures and Flavors. Some popular past presenters have been invited back as well as some new ones. A continuous food and beverage break will be provided throughout the morning.

Please visit www.cpe.vt.edu/vtclass for more information and to register or contact Sam Linkous at 540-231-8569 or sll@vt.edu.

**AARP “Listening Event”
on Social Security attended by
Blacksburg AARP members**

AARP sponsored a "listening event" on Social Security in Roanoke on July 31. About 135 people were in attendance. Attending from our chapter were John Hillison, Leslye Bloom, and Nola Elliott.

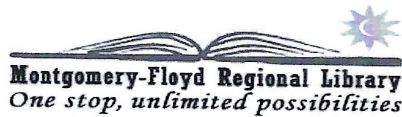


L to R: AARP of Virginia President Warren Stewart, AARP of Virginia president; John Hillison, Blacksburg chapter; AARP SR VP Cheryl Matheis, AARP senior vice president; Leslye Bloom, Blacksburg chapter; and Rob Romasco, AARP national president.



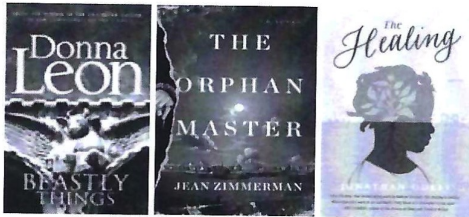
**“Indian summer—the old
cat shares her corner of
the deck.”**

James Chessing,
Contemporary Poet



New Large Print Books at the Blacksburg Library

By Mary Mott, Library Service Specialist



Come on over to the Blacksburg Library and check out some of our new large type books! Mystery fans (and lovers of Italy) will be thrilled to read Donna Leon's new Commissario Guido Brunetti mystery, *Beastly Things*. This well-reviewed series is set in Venice, and Leon deftly weaves fascinating cultural details of the city into her fast-paced plots. Dan Forrest of Library Journal says of *Beastly Things* "Followers of the series and lovers of Venice will appreciate Leon's fascinating details of life in this unique city. ... This is a strong series entry."

Historical fiction, mystery, and romance all feature in Jean Zimmerman's *The Orphan Master*. Set in 1663 in the Dutch colony of New Amsterdam (later to become New York City), a young female trader investigates a child trafficking ring, uncovering corruption and debauchery at the highest levels of government. USA Today says of *The Orphan Master*, "As in the best historical fiction, [Zimmerman] has created a kind of truce between the authority of the past and the accessibility of the present ... on nearly every page there is some unobtrusively offered word or description, of food, of architecture, of dress, that brings the period and its people into clearer focus."

Fans of *The Help* will want to check out *The Healing* by Jonathan Odell. In 1860

Mississippi, a grieving plantation mistress adopts Granada, a newborn slave girl, to replace her dead daughter. Her husband, worried about his wife's mental state, purchases a wise and mysterious woman said to be a healer. The healer and the plantation mistress quickly clash over Granada's future, and seventy five years later Granada must try to come to terms with her childhood memories in order to help a young girl in her care. The Associated Press says "[*The Healing* is] a remarkable rite-of-passage novel with an unforgettable character ... *The Healing* transcends any clichés of the genre with its captivating, at times almost lyrical, prose; its firm grasp of history; vivid scenes; and vital, fully realized people, particularly the slaves with their many shades of color and modes of survival."

Also, please join us in celebrating the 225th anniversary of the Constitution with some great library programs. You can find out more about these and other library programs on the programs page on our website at <http://www.mfml.org/activities.php> or by calling the library at 552-8246.

AARP Chapter 2613 Board Minutes

June 5, 2012

Call to Order—President Don Creamer called the meeting to order at 10:00.

Officers Present: President Don Creamer, Vice President Tom Alston, Secretary Virgil Cook

Board Members: Leslye Bloom, John Hillison, Mary Ann Hinshelwood, Jim Montgomery, June Schmidt, Sally Anna Stapleton

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, R. B. "Ben" Crawford, Nancy Eiss, Curtis Finch, Margaret Kates, Carl McDaniels, Edd Sewell

Adoption of Agenda—The agenda was adopted with no additions.

Approval of Minutes—Virgil Cook moved that the minutes be approved. The motion passed.

Membership—Tom Alston. There were several membership renewals, some through 2013. Total membership is 327. The household count is 211.

Treasurer's Report—Because Brian Allen was absent, Don Creamer highlighted items in the report, which covered June, July, and August.

Balance at the end of May, 2012, \$5,808.37; Credits, \$5,167.92; debits, \$660.99; balance on August 31, 2012, \$10,315.30; balance in reserve account, \$2,680.47

Mary Ann Hinshelwood moved that the report be received. The motion passed.

Announcements—There will be a meeting of the Health Fair group immediately after this meeting. Bill Callio will address the November meeting on the Affordable Care Act. That meeting will take place in the multi-purpose room at the Blacksburg rec center.

The Nominating committee should be determined by the time of our next meeting. Because there are only two board members rotating off at the end of the year, President Creamer will appoint a third member.

President Creamer reported that he has nominated Ben Crawford for the Gordon Morton award for volunteer service. The award is a state award. Juanita Wightman has received no nominations for awards this year.

There will be a You Have Earned a Say meeting on September 24 at 5:00 on the Tech campus. The state has worked with Karen Roberto to set up this event. Some Tech students will participate. Someone from the state office will speak. It was suggested that

we offer door prizes as an incentive to attend.

Committee Reports

Health Fair—John Hillison. Only 20 of 30 nonprofits responded. A dozen free medical tests will be available. Light snacks will be available all day. Word Sprint has given us a good price on their work. We will need help with registration from chapter members. The Med Cottage will be holding an open house on the day of the fair.

Programs—Carl McDaniels. The September program is the Health and Wellness Fair at VCOM. The Sojourn Center will be featured in October. This organization builds small, interim hospice facilities. The November meeting will focus on the Affordable Care Act. Bill Callio from the Richmond office will speak. Holiday lunch will be held at Custom Catering.

Community Service—Sally Anna Stapleton. There will be a food drive next weekend. Food will be collected at the Ruritan fish fry on Saturday and at the South Main Kroger on September 9, 10, and 11 from 11:00 a.m. to 4:00 p.m. The food will be divided equally between the Interfaith Food Pantry in Blacksburg and a food bank in Christiansburg. Sally Anna thanked RSVP for furnishing the tent, table and chairs for Steppin' Out.

RSVP provides supplies for needy seniors such as toiletries, especially things they cannot buy with food stamps. RSVP is holding a walkathon on October 18. Sally Anna has sign-up sheets for walkers and sponsors.

There will be a Summit for Hunger for Older Adults in Virginia conference in Richmond on September 6. Sally Anna and Ben Crawford will attend. The meeting will consider problems for those people who don't qualify for food stamps and other programs. Some 6% of seniors in Virginia have problems obtaining proper, healthy food

Legislation—Don Creamer in the absence of Val Coluni. Don distributed a sheet on voting regulations that includes such

things as the type of personal identification that will be acceptable at polling places. Carl observed that we should help Warm Hearth and Wheatland to make sure that people know that they are not disenfranchised. Registration deadline is October 15.

Health—Larry Alexander. The last Home Sweet Home Newsletter feature seniors who refuse to retire.

Driver's Ed—Curt Finch. Cecil McBride will offer a course In November.

Liaison—Ben Crawford. Because the number of people attending the national AARP convention has grown so large, the

national office is considering switching to regional meetings.

Don Creamer informed the group that we have been asked to help support the heritage fair at Warm Hearth on September 29. Should we have a booth.

Newsletter—Edd Sewell. The new Web site is progressing.

Adjournment—The meeting was adjourned at 10:17.

Respectively submitted,
Virgil Cook, Secretary

2012 Officers & Board Members

Officers

President	Don Creamer	dgc2@vt.edu
Vice President	Tom Alston	tpalston@gmail.com
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	brian.allen@prodigy.net

Board of Directors

Class of 2012 -- Mary Ann Hinshelwood, mah@mahinshelwood.com, June Schmidt, schmidtj@vt.edu

Class of 2013 -- Tom Alston, tpalston@gmail.com; Jim Montgomery, jhmontgome@verizon.net;

Juanita Wightman, Wightman@vt.edu

Class of 2014 – Leslye Bloom, leslye@leslyebloom.com; John Hillison, johnhillison@comcast.net;

Sally Anna Stapleton, zulla1947@verizon.net

2012 Committee Chairs and Members

<u>Committee</u>	<u>Chair/Members</u>	<u>Contact</u>
Caring	Margaret Kates	552-4107
Chapter Awards	Juanita Wightman	552-2007 wightman@vt.edu
	Jim Montgomery	552-6735 jrmonte@verizon.net
Community Service	Sally Anna Stapleton	250-3908 sanna418@gmail.com
Driving Safety Courses	Curt Finch	552-8179 crfinch@vt.edu
	Cecil McBride	
Financial Planning and Audit	June Schmidt	552-1590 schmidtj@vt.edu
	John Hillison	552-8941 johnhillison@comcast.net
	Dale Oliver	jdoliver@vt.edu
Health	Larry Alexander	951-8172 aalexand@radford.edu
History	Doris Abraham	382-3392 dsta118e@verizon.net
Hospitality	Leslye Bloom	951-2025 leslye@leslyebloom.com
	Sue Farrar	381-1830 suefarrar@verizon.net
Legislative	Val Coluni	961-5014 vcoluni@aol.com
	Ben Crawford	961-5733 ben.crawford@vt.edu
	Wendell Hensley	
	Tom Alston	757-651-3065 tpalston@gmail.com
Membership	Jim Wightman	552-2007 wightman@vt.edu
Newsletter Editor	Edd Sewell	951-1746 eddsewell@gmail.com
Program	Carl McDaniels	552-5818 cmcd@vt.edu
	Jewell Ritchey	sjr@vt.edu
Public Relations	Nancy Eiss	951-4015 nsjeiss@verizon.net
AARP Virginia Liason	Ben Crawford	961-5733 ben.crawford.vt.edu
VTRA Liason	Margaret Kates	552-4107
Chaplin	Sandy Birch	951-3455 birch@vt.edu

**Don Creamer, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062**

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

AARP Chapter #2613 Member Application for 2013

Name: _____

Spouse/Partner _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prefer to receive newsletters: (check one)

Mail _____ Email _____

Annual (Calendar Year) Dues: \$15.00

(includes spouse)*

New _____ Renewal _____

90+ years old (no dues) _____

Today's Date: _____

Make checks to AARP Blacksburg Chapter #2613

And mail to

P.O.Box 10082,

Blacksburg, VA 24062

****Local Chapter membership requires membership in National AARP. For more information, call 1-888-287-2277 or mail national dues to AARP, 601 E Street, NW, Washington DC 20049.***