

Kenneth H. Martin, President  
AARP Chapter #2613  
516 College View Drive  
Blacksburg, VA 24060

**AARP Chapter Meeting**  
Tuesday, May 20, 1997  
at Blacksburg Community Center  
11:30 AM (Bring your own lunch)

Nonprofit Organization  
U.S. Postage  
PAID  
Blacksburg, Virginia  
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Blacksburg

A.A.R.P.

# NEWSLETTER

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## Report from Wynell York - First Vice-President and Chair, Health Care Committee

The selection of Health Insurance Coverage and understanding the terminology is a continuous process. Health Care ranges from exercising, expanded geriatric services, continued concentration and expansion in Primary Care Services, ability assessments, to providing quality, comprehensive and compassionate care for you and your family members.

Shopping for Health Insurance is a decision that only you can make in regards to what you can afford and offers the benefits you consider most needed. Review any and all insurance coverage you now have before you purchase additional coverage.

Compare different policies as to coverage and cost. Duplicate coverage can be expensive and often unnecessary.

1. Review the policy to determine pre-existing condition exclusions.
2. Be careful when purchasing a replacement policy.
3. Avoid high pressure tactics to force or frighten one into buying a policy.
4. Beware that most policies have some type of limit on benefits (either dollar amount or number of days of care for which payment will be authorized).
5. Make sure the Insurance Company is licensed in your state.

Each of us must become aware of terms used in the medical care field, so request copies of all medical bills, monitor your medicine, ask questions in order to understand the medical problem and the recommended care. Maintain a list of names, addresses, and telephone numbers of doctors, as well as the medicine taken and the dosage.

The important point we want to remember is where we can obtain objective and confidential information in dealing with medical care and expenses - COMMONWEALTH OF VIRGINIA STATE CORPORATION COMMISSION BUREAU OF INSURANCE, RICHMOND, VIRGINIA.

## **AARP PICNIC AND AUCTION JUNE 17, 1997**

One of our more enjoyable events each year is the annual picnic which is held at the Nellie's Cave Park. Details will be described in the June newsletter, but the Ways and Means Committee would like for the membership to be thinking about donating salable goods (except books and clothing) that can be auctioned to raise money for our projects and provide a fun activity at the picnic. Take time to go through the kitchen cabinets, closets, attic and garage and sort out the things you no longer use, then call Dale Oliver at 552-1951. His committee will arrange for someone to pick up your items if you can't bring them to the picnic.

## **MAY 20, 1997**

The May meeting will be held at the Blacksburg Community Center at 11:30 AM. Our program will be on the topic of Elderhostels. Several of our members have participated in Elderhostel programs and report great satisfaction by participating. Plan to attend and learn more about these programs. Mrs. Pauline Trish, our speaker, makes an interesting presentation about Elderhostels. Ray Murley will introduce her.

## **AARP YARD SALE SEPTEMBER 5-6, 1997**

We need the help of all AARP members to successfully complete this project. The purpose of this event is to raise funds to purchase items for the new addition to the Senior Center which will be built later this year. Jim and Mary Ellen Moore have agreed to serve as co-chairs.

The event will be held inside the Blacksburg Community Center - thus inclement weather will not be a problem.

Please call Jim and/or Mary Ellen and tell them you will help. The jobs will be easy and we believe they will be enjoyable.

Suggested items for the yard sale include children's toys, children's clothing, any type of furniture, kitchen appliances, leisure reading books, adult clothing (if in good condition and clean), potted plants, decorations for houses and apartments (pictures, wall hanging, etc.), and small tools (kitchen and maintenance).