

# Blacksburg News



Volume 22, Issue 7

September 2005

*AARP Chapter #2613, P.O. Box 10082, Blacksburg, VA. 24062.  
Staff: Frank Lau, Darrel Clowes, Elaine & Jim Gaines (Newsletter)*

*<http://civic.bev.net/aarp>  
Webmaster: Connie Anderson*

**Calling all Seniors, whether AARP members Nationally or not! Our Chapter, along with AARP Virginia is sponsoring a Health & Wellness Fair, September 20<sup>th</sup>, from 10AM to 3PM. All activities are at the Blacksburg Community Center on 725 Patrick Henry Drive. Please REGISTER (no charge) at 1-877-926-8300. You can come anyway, but a "head count" will enable us to better handle the projected attendees. It's the focus of our Newsletter this month.**

## **From the President:**

By Carl McD

### **Come To The Fair, September 20!!**

That's right, All AARP Blacksburg members have a special personal invitation to attend some or all of the Health & Wellness Fair, Tuesday, September 20 from 10:00AM to 3:00PM at the Blacksburg Community Center (BCC). We expect around 50 exhibitors in the gym at the far end of the main entrance to BCC. These include a wide range of sponsors with interesting handouts as well as expert people on hand to answer your questions. Stop in for lunch from 11:00AM to 1:00PM with items for sale from the Montgomery County Senior 4-H Volunteers. Program Chair Ben Crawford has lined up five interesting and informative seminar topics at 10 & 11AM, Noon, 1 & 2PM.

All in the large multi purpose room near the front entrance of BCC.

Plan to spend some time in the main parking lot visiting the AARP Virginia 2005 Voter Information Express(VIE) vehicle. The van is expected to travel more then 10,000 miles this Fall helping to inform voters about the candidates and issues in the November 8 election. Pick up some timely voter materials at this one-stop information center. Come by for an hour or plan to stay from 10AM till 3PM, enjoying the AARP Blacksburg and AARP Virginia Health & Wellness Fair 2005. **See details elsewhere in this newsletter. See you at the Fair!!!**

## **Legislative Update**

From Glen Mitchell

This past month with Congress being out of session, there has been little or no movement regarding Social Security. AARP nationally did have a celebration of the 70th anniversary of Social Security. With the Congress now back in session, it remains to be seen what direction they take.

## What Terri Shaivo Taught Us

By Isabel Berney

A public program sponsored by the Funeral Consumers Alliance of the Virginia Blue Ridge on **Monday, October 10 at 7 PM at Blacksburg Public Library**. Bob Benoit, bioethicist, shares the ethical dilemmas medical advances create. For more information call 540-953-5589.

We are a completely voluntary organization with no connection to the funeral industry.

We are a consumer group dedicated to ensuring informed choices. In addition, we are prepared to provide information about Virginia law and other information useful in dealing with **end-of-life decisions**. Our service area covers the counties of Floyd, Giles, Montgomery, Pulaski, Roanoke and the cities in the area. Please see our web site at [www.funerals.org/fcavbr](http://www.funerals.org/fcavbr)

## This Month's Feature!:

### Health & WELLNESS FAIR

Tuesday, September 20<sup>th</sup>

#### Nourishment:

Blacksburg Seniors always have food at hand! During the Fair, you will have until 11am, coffee and some pastries, compliments of **Our Daily Bread**.

Promptly at 11AM, and until 1PM, the **Montgomery County 4-H Teens and Volunteers** will be preparing food and drinks. Tables and chairs will be available in the Exhibit area. Please take part in this food and drink, which will be a Fund Raiser for them. **Food Wraps** in various combos will be available at \$3. Drinks will be 50 cents, while either **Chips** or a **Cookie** can be your dessert for 25 cents.

## HEALTH and WELLNESS FAIR SEMINARS

Blacksburg Community Center--September 20, 2005

#### SUBJECT

#### SPEAKER

10 a.m. **NUTRITION: WHAT SHALL WE EAT?**  
New dietary guidelines, new food pyramid

**Kathy Hosig**  
Blacksburg, Virginia

*Kathy Hosig is an Associate Professor of Human Nutrition, Foods, and Exercise at Virginia Tech. A registered dietitian, Kathy taught at the medical center in Little Rock, Arkansas for 4 years, then at Western Carolina University in the NC smoky mountains for 8 years before coming to Virginia Tech.*

11 a.m. **FIVE WISHES: End of Life Issues**

**Brian Allen**  
Roanoke, Virginia  
**Jim Moore**  
Blacksburg, Virginia

*Brian Allen is Past President of the Blacksburg AARP Chapter. Jim Moore, AARP Chapter Board member has received numerous awards for his community service.*

Noon **SOCIAL SECURITY UPDATE:**  
Proposed Changes and Research Results

**Kaye Berry**  
Marion, Virginia

*Kaye Berry is a retired Health Care Administrator having been associated with Georgetown University Hospital, Washington Hospital Center and Vanderbilt University Hospital. For AARP, Kaye is a volunteer Training Specialist.*

1 p.m. **MEDICARE PART D: New Drug Benefit**

**Polly Stimson,**  
Pulaski, Virginia  
**Allen Barrow**  
Roanoke, Virginia

*Program will be presented by Polly Stimson, VICAP Coordinator for the New River Valley Agency on Aging; and Allen Barrow, Public Affairs Specialist, Social Security Administration. Both will be available throughout the day to answer questions at their the Fair, manning tables in the ex*

2 p.m. **LONG TERM CARE IN VIRGINIA**  
Current status, needs, what we can do

**Madge Bush**  
Richmond, Virginia

*Madge Bush, Director of Advocacy for Virginia AARP. Madge has a background in Virginia Tech Extension Service, and many years experience working with elected members and staff of the Virginia General Assembly and Governor's office.*

**WTOB WILL BE FILMING SOME SEMINARS FOR REPLAY ON BLACKSBURG CHANNEL 2 - PUBLIC ACCESS TELEVISION (if questions, contact Ben Crawford at 540 961-5733) 8/30/05**

### **List of Exhibitors as of Sept. 1<sup>st</sup>**

#### **Non Profit/Government Groups:**

1. The Community Foundation of NRV
2. Mount Tabor Ruritan Club
3. Town of Blacksburg
4. VA Medical Center-Salem, VA
5. Life Net (Organ Transplant group)
6. League of Women Voters-Montgomery County
7. YMCA at Virginia Tech
8. The New River Valley Restless Leg Syndrome Education & Support Group
9. RSVP of Montgomery County & Radford Parks & Recreation
10. Virginia Tech Adult Day Service
11. New River Valley Agency on Aging
12. Mental Health Association of the New River
13. Funeral Consumers Alliance of Virginia Blue Ridge
14. Social Security Administration---Roanoke Regional Office
15. Virginia Department for the Blind & Vision Impaired
16. Good Samaritan Hospice
17. Literacy Volunteers of the NRV
18. Women's Resource Center
19. Southwest Virginia Assistive Technology System
20. Montgomery County Dept of Social Services
21. New River Valley Community Services

### **Major Sponsors:**

1. Edward Via Virginia College of Osteopathic Medicine
2. Montgomery Regional Hospital
3. The National Bank of Blacksburg(NBB)
- 4.Sunshine Tours, Inc.
- 5.Wachovia Securities, LLC

### **Regular Sponsors:**

- 1.L.L. Brown Ins. Agency (for 2 tables)
- 2.Annie Kay's Whole Food
- 3.Carilion Home Care

- 4.Blue Ridge School of Massage & Yoga
- 5.Advanced Health Systems
- 6.Warm Hearth Village
- 7.Mobile Medical Diagnostic Services (MMDS) of NRV
- 8.Care For You, Inc.
- 9.Montgomery & Moses, PC Law Firm
- 10.Medi Home Care
11. Heritage Hall
12. Brian Allen, Insurance Broker
13. Ron Gibbs, Virginia Retirement Specialist , Inc

### **Fall AARP Bloodmobile Donations**

From Jim Moore

If you are a regular donor, please "time" yourself to be available for donation on October 5<sup>th</sup>. Eight weeks before would be August 17<sup>th</sup>. First timers and infrequent donors are also encouraged to donate this priceless lifesaver. Bloodmobile will be at the Blacksburg Recreation Center from 1pm to 6pm. You are a HERO to those in need!

### **Helping Katrina Evacuees in Montgomery County**

Ann Hess & Darrel Clowes

A **Greater Montgomery Hurricane Response** group has been formed. Thursday, September 8<sup>th</sup> the Montgomery County local advisory board for New River Community Action met with invited guests to focus on a local response to refugees from Hurricane Katrina. Darrel Clowes, Red Cross Chapter chair, attended and explained local Red Cross services and procedures. He stressed that ALL those displaced by the hurricane and seeking assistance MUST register with the local Red Cross office. Although the FEMA assistance is not currently flowing into the office, there is minimal cash assistance available as well as

possible placement in the Camp Christi facility where persons have housing and meals at no cost to them.

There are currently some sixty people who have been registered and assisted through the Red Cross. Most of the people seeking help to this point have come here because they have family in the area. They have a car and minimal clothing with them. They are educated and are seeking employment and to relocate here. These are coming in small groups and most have moved into local homes with families. The Red Cross and other local social services continue to work with these people.

Refugees without transportation that are being moved to Fort Pickett and the Virginia Methodist facility at Blackstone will likely be moved throughout the state in another week or so. Camp Christi, in cooperation the Red Cross, has offered to be a source for free shelter and food for up to 200 of these evacuees. Camp Christi is associated with the Church of God and they and other area churches have offered to provide meals there. When evacuees arrive here without family connections, they will be directed to Camp Christi. At that time there will be need for greater levels of assistance at the camp.

Mr. Clowes has indicated that the local Red Cross has set 100 as the initial number of evacuees that can best be handled through our Montgomery County facility at Camp Christi and through the local Red Cross chapter. Currently the Radford office of the Red Cross is not set up to do larger scale evacuee resettlement and is working through the Montgomery office for the needs of the NRV.

Mr. Clowes stressed that we need to take an approach which recognizes all the needs of a family and not rush to place them in housing which may not be close to their employment and other essential needs for their family circumstances. Subsequently, the relief effort was organized as the **Greater Montgomery Hurricane Response**, made up of seven task groups to explore specific aspects of needs for the refugees. Attendees at

this and subsequent meetings signed up and recommended agencies or individuals for each group. They will be contacted to assess the needs and local resources to address the needs. The groups should meet within the following seven days and have a report for a coordinating committee made up of the leaders of each task group as well as leaders of DSS, Community Action and Red Cross. The group recommended that there be a coordinating board for the whole effort that would include: Darrell Clowes, Red Cross; Ann Hess, board member DSS and NRCA; Lindsay West, chair Montgomery County advisory board NRCA, and Don Neace, manager of Camp Christi. The coordinating committee, task groups and interested parties will meet on September 16, Friday at 10 am at the DSS/Health Department large conference room in the building on Pepper Street in Christiansburg to share information about needs and resources and how to access them..

The task groups established are Emergency Assistance, Employment, Financial resources, Health, Logistical support for Camp Christi, and Mental Health. Lead agencies and personnel have been identified and will be beginning their work. Additional information will be made available as it becomes available. Contact points for volunteer assistance and for material and financial contributions will be identified.

**There will be a short Chapter Business before the Social Security Seminar.**

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**BLACKSBURG AARP CHAPTER #2613**  
**MEMBERSHIP RENEWAL OR NEW MEMBER APPLICATION**

Membership in the Blacksburg AARP Chapter requires membership in National AARP. If you are already a member of the Blacksburg Chapter, please pass this form on to a friend that should be a member.

Name: \_\_\_\_\_

Spouse: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Membership: \_\_\_\_\_ Renewal

\_\_\_\_\_ Single membership dues \$5.00 for  
balance of 2005

\_\_\_\_\_ New Member(s)

\_\_\_\_\_ Joint husband and Wife dues \$7.50  
for balance of 2005

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