

# Blacksburg News

June 2005  
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*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*

**Write it down, check it off, whatever you need to do to remind yourself! Next General meeting is June 21<sup>st</sup> at 11:30am. Bring a dish at this time, or your offering for the White Elephant Auction. Lunch starts at NOON. Nellies Cave Park picnic shelter. Wayne Garst will again conduct our Auction. GARST AUCTION SERVICE, BLACKSBURG, VA. Phone: 951-3030**

## A Note from our Chairlady

From Carrie Coil

Hi Everyone! Here are further details for the **June AARP picnic**. Our meeting is the last for the summer, and is always a highlight of the year. Please arrange your life so as not to miss it. We have the shelter from Noon, but setup will start 11:30 for all the lovely dishes expected.

AARP annual picnic - Nellie's Cave Park, June 21st, 12noon to 3 PM.

This is a potluck picnic, so bring a salad, entree, or dessert!

We will furnish the drinks, paper plates, napkins, plastic cutlery.

For a good cause, the Chapter's budget, please clean out those closets to donate a "Just Right" item for the **White Elephant Auction**. Let's give others a chance to enjoy those things which have been waiting for a new home. There will also be a 50/50 participation, so prepare to try your luck!

The Antique Car owners will be with us again and we will have a chance to admire, envy the owners for taking such good care of these beautiful autos and owning a bit of the past.  
**SEE YOU THERE!!!!**

## Understanding Your Mailing Label & Membership

2005 means you are up to date---- THANK YOU!

2005N means new membership with dues paid--- WELCOME!

A membership list is being readied for mailing soon after receipt of this Newsletter. Every effort has been made to catch mistakes, but those involved realize 100% accuracy is a dream. We apologize in advance for any errors. Joyce Martin, Membership Chair has announced we now have **278 members**, going into the June print cycle. **NOTE:** E-mail addresses are always available for Officer and Board use, but by Board vote, will NOT be published in the general membership list.

## **From the President:**

By Carl McD

June is a good time to report on the status of our Chapter. In a word it is GREAT!!! The Board of Directors meets each month to provide active leadership, review, and direction to the Chapter. They each represent the membership very well in carrying out their duties. Membership Committee Chair Joyce Martin has our membership up to 278 members headed toward our goal of 300. Our Treasurer Brian Allen reports monthly on our financial status--which is strong & on a solid footing. Harriett Damant is maintaining our Chapter vital records at Secretary in a quality way. The programs for 2005 have been outstanding under the direction of Chair Ben Crawford. Jim Gaines has been digging hard for six months into the chapter records to come up with a clear picture of our 25+ year history. Hospitality Committee, headed by Cerrie Coil & Mary Ellen Moore have worked extra hard to have everything ready for our regular monthly meetings. Glen Mitchell & his Legislative Committee have kept us informed on vital state & national issues.

Two efforts are of special importance to every member of the Chapter--the newsletter & the web site. Newsletter Editor Frank Lau & the production team of Jim & Elaine Gaines have worked diligently to have an interesting & informative newsletter out to the membership in a timely fashion each month. A special thanks to them. Our 2005 web site:

<http://civic.bev.net/aarp/> has added an entirely new dimension to our Chapter communications effort. This has turned out to be a bright, easy to read look at past & current chapter activities, board & committee chairs, past & future programs & a host of other attractive features. Web Master Connie Anderson deserves a special commendation for her great contribution to the Chapter.

Finally, we must include praise for our broadly defined community service activities which have included Spring & Fall official AARP Driver Safety classes, AARP Tax Aide preparation for dozens of members & others who used our help prior to the April 15<sup>th</sup> tax deadline, plus our upcoming jointly sponsored Red Cross Bloodmobile with the Blacksburg Community Center on Saturday Oct 8<sup>th</sup>. Details on our part in the national AARP Day of Service on Thursday May 12<sup>th</sup> are in a separate article in this newsletter. Many members have taken part in these community service projects and to all of them a genuine THANK YOU.

### **National AARP Day of Service--May 12<sup>th</sup>**

Your Blacksburg AARP was one of 10 chapters in Virginia to receive AARP Virginia support to carry out demonstration projects showing how home modification can continue older citizens in independent living. We teamed up in a partnership with Christiansburg Home Depot, New River Valley Habitat For Humanity and the New River Valley Agency on Aging to help an 80 year old widow in rural Pulaski County stay in her 100 year old house. In all there were over a dozen volunteers from all four groups working inside & outside the home to make needed modification. Our Chapter Hospitality Committee prepared in advance a delicious lunch for the entire group of hungry workers. Volunteers from our Chapter on site were: Tom & Kathy Jeffers, Jim Gaines, Jim Moore, Jim Wightman, Carl McDaniels, Dick Schmidt & Doug Whichard (Team Leader from Home Depot). Elsewhere in Virginia more than 40 AARP and Virginia Retired Teacher Association (VRTA) participated in the May 12 event. An estimated 1,200 AARP & VRTA members were involved in the national AARP Day of Service 2005.

## Legislative Update

From Glen Mitchell

Encouraged to hear from Senator Allen as of May 19<sup>th</sup> to our April letter regarding Social Security and proposed changes. As of this date, we have not heard from our senior Senator or from our representative. Many observers feel that if changes are made in 2005 that it will be of a compromise nature and will be completed in the next 90 days, prior to the fall heavy campaigning. Your communications to our Senators & Representative are important in this ongoing contest about the future of social Security.

So, we encourage you to individually voice your views directly to Senator Allen, Senator Warner and Rep. Boucher.

## Fall AARP Bloodmobile Donations

From Jim Moore

If you are a regular donor, please "time" yourself to be available for donation on October 8<sup>th</sup>. Eight weeks before would be August 15<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!

## Board of Directors Monthly Meeting

June 7th, 2005

Ben Crawford subbing for Harriet Damant, Secretary

### Present

Ben Crawford	Frank Lau	Donald Elson	Dale Oliver
Jane Lane	Tom Jeffers	Mary Ellen Moore	Doris Abraham
Cerrie Coil	Brian Allen	Glen Mitchell	Joyce Martin
Carl McDaniels	Jim Gaines	Connie Anderson	

1. President **Carl** called meeting to order at 9:33 a.m. It was reported **Dan Fleming** is awaiting liver transplant, **Judy Bame** in Roanoke Memorial for operation, **Warren Strother** moved to Kroontje Health Center, and **Oscar Williams** passed away June 13. (Note: At press time, Dan is at the hospital )
2. Agenda and May Board minutes as presented in newsletter **approved**
3. **Brian** distributed May Financials. May 1 balance \$2,804.44. **Accepted.**
4. **Carl** reminded Election (*Nominating*) *Committee* of fall responsibilities: **Doris Abraham, Frank Lau, Jim Gaines** (Please convey any ideas to us!)
5. VP **Joyce** reported 289 members including two honorary
6. *Program Committee*: **Cerrie** reminded all to bring a dish to share and item to auction. **Wayne Garst**, auctioneer. Blue Ridge Model A Club will have antique cars to show—possibly to ride. Pot Luck. Eat at noon, Tuesday, June 21<sup>st</sup>, Nellies Cave Park, Blacksburg. Chapter *Hospitality Committee* will provide flat ware, drinks and ice. Guests welcome.

**Health/Wellness FAIR** Tuesday, September 20: In absence of chair **Darrel Clowes**, **Carl** reported a *FAIR Committee* to work with **Darrel**, special presenters and exhibitors are *being identified*. Several members contributed ideas and **Ben** reported the *Voter Express* van of **AARP VA** will be at Community Center parking lot that day. We are grateful to cosponsors that include **Blacksburg Community Center**, **VT Retirees Association** and **AARP VA**. **The Program Committee is seeking programs for Oct and Nov. Contact Ben or Carl**

7. *Newsletter and Membership Roster*: Newsletter procedure working satisfactorily and **Frank** readying Roster to be mailed all members. Motion and second to handout Membership Roster at picnic. After considerable discussion concerning mailing regulations, costs, etc, motion withdrawn.

8. *Chapter Website*: <http://civic.bev.net/aarp/> **Connie** maintaining extremely well and depends on correct information from members. Encourage all to view and make suggestions.

9. **Ben** noted **Drivers Safety program** set for afternoon of Sept. 28 & 30. Cost \$10. Detail in current (June) newsletter. **Mary Ellen** reported joint **Blood Mobile** here June 6. No information

10. **Chapter Plans**: Following June picnic, break during summer until fall Board meeting

11. **Day of Service**: Substantial help given to an elderly live-alone lady in her 100-year old family home in Pulaski County. **AARP VA** gave us \$1,000 and **Home Depot** added at least that much in materials. **Carl** mentioned this May 12 activity was a joint venture with **Home Depot**, **Habitat For Humanity** and **NRV Agency On Aging**; and was "...a success by any measurement..." See photos on our Website and chapter memory notebook

12. **Legislative and History Committees**: **Glen** and **Jim** reported a response to our Social Security letter received from Senator **George Allen**. No response from Senator **Warner** or Rep **Boucher**. Chapter history coming along well

13. **VT Center for Regional Strategies** has or is publishing a paper entitled: AGING IN THE REGION which researches elderly Health Care, Transportation and Housing for this region. They may ask us to cosponsor a meeting or conference on these and related topics for the elderly. Moved and seconded that our chapter participate as a sponsor with no financial commitment. **Approved**

14. **Carl** assigned **Don Elson** to chair the *Awards Committee* which includes the AARP Andrus Award for Community Service and other AARP VA and Blacksburg chapter awards. Note: deadline for some award applications is July 1<sup>st</sup>. Meeting adjourned at 10:55 a.m.

### **Recognizing a Stroke**

Researching Urban Legends on the Web, one of our members turned up this item: "**How to recognize a stroke**". Simply ask three questions, without hesitation:

Ask the individual to smile

Ask him or her to raise both arms

Ask the person to speak a simple sentence

If the person has trouble with any of these tasks, call 911 immediately.

## Upcoming Events

From Ben Crawford

### DRIVER SAFETY CLASS September 28 & 30

Learn how to handle problem situations such as left turns, right-of-way, free-way traffic, trucks, and blind spots. Learn what to do if confronted by an aggressive driver, when to use a car phone, how medications may affect your driving, how to properly use anti-lock brakes, air bags, and safety belts; and much more. Our volunteer instructor will be Bill Wagoner of Dublin, a former pilot and auto dealer. The Blacksburg Chapter of AARP will furnish snacks.

Five reasons to take the AARP Driver Safety Program:

1. Learn defensive driving, new traffic laws, rules of the road and more in this 8-hour (two days) course.
2. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time.
3. Get an insurance discount, which, by VA law, is given over and above all other discounts for which you may be eligible.
4. You don't have to take a test.
5. Millions of people have taken advantage of this valuable course.

Here is what one graduate said: *"I have driven over three million miles as a commercial driver. Even with that record behind me, I have to keep an open mind and learn new things. AARP's Driver Safety Program taught me a lot about normal age related changes that I didn't realize. I know I'm a better driver for it."*

**REGISTRATION:** Call Jim Moore ((552-4688) or Ben Crawford (961-5733) to sign up for our AARP Driver Safety Class at the Blacksburg Community Center Wednesday **September 28** and Friday **Sept 30** beginning at 1 p.m. Sessions are held four hours each day. Students must attend both classes to graduate and obtain a certificate. The certificate is evidence for your insurance discount. **Cost** is \$10 per person payable to AARP. Attendance is **limited to the first 25 persons** who apply and you must be 50 years of age or older--only those over 55 can receive the insurance discount.

### LONG TERM CARE

AARP VA invites you to attend a special public hearing on Long Term Care **June 17 ((Friday) from 9 a.m. until 11 a.m.** in the **Salem Civic Center**, 1001 Salem Boulevard, Salem. **NOTICE THE DATE! IF YOU WISH TO ATTEND, RUSH TO REGISTER!**

By the year 2020, the number of Virginians over 65 will increase by 77 %. This will place great demand on long-term care facilities. As a result of a recent AARP VA study, we have developed recommendations for legislative action. Come and learn about the General Assembly's actions on long-term care services and what it means to you and your family. You will have a presentation on what AARP has done to date to improve long term care services in VA. There will be time for participants to express their concerns and knowledge about long term care service in our area of VA. Light refreshments will be served. Please call Ben Crawford (961-5733) if you plan to attend.

## **SOCIAL SECURITY SPEAKERS BUREAU**

AARP VA has formed a Speakers Bureau on Social Security. Members are available to speak to your civic group, church group, or other group interested in learning more about the proposed changes in Social Security and AARP's position on this very important issue. Visit [www.aarp.org](http://www.aarp.org). To request an AARP speaker, call Ben Crawford (961-5733) or call toll free 1-866-542-8164 and ask to speak to Randal Black.

### **Mark These on your Calendar**

#### **July 4<sup>th</sup> Events**

2 - 4PM Local Musical Groups on Henderson Lawn

4 - 5PM Parade sponsored by Mount Tabor Ruritans - (Old Middle School to Wades)  
Arts & Crafts Fair at Municipal Park

5 - 6PM Local Music at Municipal Park

6 - 7:30PM Blacksburg Community Band at Municipal Park

8:15 - 9:30PM The DRIFTERS at Municipal Park (In case of rain, moved to High School)

9:30PM FIREWORKS! At Municipal Park (Rain date is the 5<sup>th</sup> for Fireworks only)

#### **Seniors Ice Cream Social**

August 18<sup>th</sup> at 1PM. Bring a topping to go with delicious vanilla & chocolate ice cream! Eat until gone, socialize until ??????. Call Joy Herbert (senior Director at Recreation Center 961-1134 to register, without cost.)

#### **HEALTH & WELLNESS FAIR**

**Tuesday, September 20**

**Blacksburg Community Center** 10 a.m. to 3 p.m. Mark Your Calander! (R. B. Crawford 200 Cork Drive, Blacksburg, VA 24060 Phone or fax 1 540 961-5733)

#### **FYI**

#### **Social Security and the proposed "Privatization"**

**From Frank Lau**

After retiring (downsized) in 1999, at age 62, I have collected Social Security. With the help of the Social Security Office, I traced all my contributions, from the 8<sup>th</sup> grade forward (and employer matching). By 2008, I shall have collected ALL of those contributions---- in 9 years! The difference between an insurance plan and a savings plan, is that I WOULD BE RECEIVING NO BENEFITS IN THREE YEARS. Is President Bush really understanding the difference between the two systems?

Few workers can put enough wealth together for old age, while also raising a family, until they acheive "empty nester" status. Social Security is a forced insurance plan. It puts a financial flooring under you. It is worth saving as it is, with only changes to retain the system.

Let our legislators know. I am.

**2005 Officers, Board and Committee Members**  
**Keep this page for Membership Roster to be mailed this week.**

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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 **\$10.00 for 2005**

\_\_\_\_\_ New Member(s) \_\_\_\_\_ Joint husband and Wife dues **\$15.00 for 2005**

Complete, attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

**AARP Chapter #2613, Box 10082, Blacksburg, VA. 24062**