



Serving the Greater New River Valley, Virginia

Blacksburg Chapter News

June 2014 • Vol. 31 • No. 6
www.blacksburgaarp.org

June 17

Chapter Picnic & White Elephant Auction!

11:30 at Nellie's Cave Park
1900 Grissom Lane

From South Main Street, turn east up Marlinton and right on Grissom Lane

Bring a dish to pass and a gently used item for the auction. Invite your friends and neighbors! Send along the announcement on the website.

Items for the auction might include:

- small appliances in working order
- occasional tables, folding chairs, picture frames, lamps or stools
- electronic items such as cameras, DVD or CD players in working order
- decorative items such as baskets, pottery, planters or vases
- pillows, tablecloths, quilts or small area rugs

President's Message from Leslye Bloom



Thanks to the Edward Via College of Osteopathic medicine for hosting our May meeting, and to Warm Hearth Village for distributing free day passes worth \$10.

We have two big projects scheduled for the Fall – the Health Fair, chaired by John Hillison, and the food drive, chaired by Sally Anna Stapleton. Both could use more volunteers...

A friend recently told me my hearing was bad (actually she hollered.) I had a chat with another friend (with hearing aids) who underscored my concern about being tested by someone who would profit from a sale. I slept on the problem, and awoke with a possibility – smart phones & tablets have music apps that use ear buds and headphones, so why not audiology tests? I went to the app store, and sure enough there were several free versions to download. Instead of raising my hand to signal I pushed a button. The results showed low-normal hearing in both ears. I didn't even have to change out of my pajamas. This option isn't for everyone, but it was great for pre-screening. I DO plan to have my hearing checked at the Health Fair!

While "life is what happens while you're making other plans" I wish you the best summer ever! I will be teaching a 6-week painting/drawing class at Warm Hearth in June & July, and working in my studio - tidying, sketching, stretching, priming, and giving myself permission to make a mess.

Yours in Service, Leslye

Upcoming Events

June 3 • 10:00 board meeting

June 17 11:30 Picnic and White Elephant Auction at Nellie's Cave Park

June 30 Chapter Awards Deadline see webpage or May newsletter for details

September 2 • 10:00 board meeting

September 17 Wednesday Noon to 4:00

AARP-VCOM Health and Wellness Fair at VCOM II. Featuring 100 exhibitors providing free health and wellness services such as flu shots, eye and hearing exams, and many other medical services.

October 7 • 10:00 board meeting

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. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 a.m.



National & State AARP Emphasis for 2014

Ben Crawford, *AARP of Virginia Liason*, recently attended a meeting of advocacy groups in Charlottesville and he shared some of important information with the board at the May meeting.

Blacksburg AARP actively participates in many of the areas of emphasis through monthly meetings, visits to members of the legislature, food drives, tax preparation aid, health fairs and more.

4 areas of emphasis for 2014 are:

Financial Security Campaign

AARP will address the financial challenges facing the 50+ and all Americans and in the likely absence of any meaningful positive action at the federal level, our plan in 2014 will evolve our national two-way conversation into a holistic campaign that emphasizes what individuals, employers, communities, and governments can do to strengthen financial security.

We will widen the You've Earned a Say frame to expand beyond Social Security and include the entire range of financial security issues – e.g. Social Security, private retirement savings, and pensions.

Medicaid Expansion

If Virginia chooses not to expand Medicaid, thousands of working Virginians will fall into a “no-coverage gap” – unable to enroll in Medicaid and barred from getting tax credits to buy coverage in the new health insurance exchange.

If you make 0% - 30% of the Federal Poverty Limit (FPL), you are currently eligible for Medicaid in Virginia. If you make 100% - 400% of the FPL, you are eligible to purchase insurance in the Health Insurance Exchange. However, if you are in between that 30% - 100%, you are not eligible for Medicaid or tax credits for coverage in the Health Insurance Exchange.

AARP believes expanding Medicaid is good for Virginia because it will help 400,000 low-income Virginians get health care, and aid 62,000 Virginians, ages 50 to 64, who have lost their jobs or are struggling in jobs without health benefits. It will give people without insurance preventive care which will save lives and money and over the next 10 years, give Virginia \$20 billion dollars in federal funding that will boost our economy.

Community Outreach

AARP works to support AARP members and the public through work including helping those struggling with hunger by programs such as the Community Food Drive, supporting caregivers and professionals with workshops for helping others in illness, speaking as a patient advocate, and preparing for care, and continuing to educate Americans 50+ about the Affordable Care Act.

Other AARP activities include Home Fit for home modification ideas, Tax-Aide for filing federal and state tax returns, Driver Safety for possible insurance discounts, and Multicultural Outreach for building partnerships with other community organizations.

Elections 2014

AARP will use public information the candidates have put out on the issues, including public speeches, debates and information on websites to compile voter guides that will be available on-line. One Senator and all eleven members of the House of Representatives are up for election in Virginia.

To help ensure that all voters in Virginia have the ID they need to vote, AARP VA is partnering with the Virginia Department of Motor Vehicles (DMV) to travel the Commonwealth with their DMV 2 GO vans. You can visit one of these vans and get a photo ID, update your address, etc. We are going to bring the van to special AARP VA events, and also publicize where in the Commonwealth the vans will be throughout the election season.

If you'd like more information on any of these issues or want to volunteer to help, contact Ben Crawford, ben.crawford@vt.edu or Alison Galway, agalway@vt.edu

The chapter website at www.blacksburgaarp.org

During the summer months, the chapter is relatively inactive, but there is no reason for the website to be inactive. Please continue to notify the editor of upcoming events that should be announced on the site. If you wish to suggest content for the site, simply contact the editor at dgc2@vt.edu.
Don Creamer, Website Editor

Looking for the minutes from the June board meeting?

You can find the draft minutes at www.blacksburgaarp.org. Those without computers can visit the Montgomery-Floyd Regional Library and the staff will help you use one of the computers to read all the latest AARP news on the website.

From Tina King, Executive Director NRV Agency on Aging

The following is an article written by Deena Flinchum, a member of the New River Valley Agency on Aging Board of Directors. It is quite interesting and substantiates my claim that I am not getting forgetful; I just have too much stored in my memory and it takes longer to retrieve!

I Remember It Well

In the 1958 film *Gigi*, an older couple reminisced about their last rendezvous years earlier:

Honore: *Ah, yes, I remember it well. That dazzling April moon!*

Marnita: *There was none that night and the month was June.*

Honore: *That's right. That's right.*

The standard line is that, as we age, we become forgetful. The old brain just isn't up to its former younger standard and has 'gone downhill'. But is this really true? Recent research suggests that this simple explanation may not be correct after all. Older people may just be sorting through much more stored data, just as a computer does.

Certainly memory can be affected by trauma, stress, disease (Alzheimer's), and even drugs; but a March 22 article in *New Scientist* (Cognitive decline? Pah! by Michael Ramscar and Harald Baayen) suggests that at least in some types of memory, such as paired associate learning (PAL) or recalling pairs of words from memory, older adults are slower for other reasons. They have a stronger knowledge of how words normally work together, and years of learning have increased the amount of information that their brains process. In short, elders have had time to know more and store more.

This article also notes that, as experience grows, we become less sensitive to background details like that 'dazzling April moon' because tuning out irrelevant information is integral to learning. It points out that older people, especially after they retire, often spend most of their time in highly familiar environments, making it more difficult to separate one detail from another.

This occurrence may be why seniors who spend their retirement doing a variety of activities often have better or more distinct memories than those who withdraw from outside activities. How often have we noticed that a retired friend or neighbor seemed to decline mentally after giving up his usual activities, perhaps after a physical problem having nothing to do with his brain? Meanwhile our 85-year-old aunt is still sharp as a tack and makes us tired with her constant round of activities.

The article concludes with this: 'We are not arguing that the functionality of our brains stays the same as we grow older,

or that cognitive decline never happens, even in healthy aging...Changes in performance on tests such as the PAL task are not evidence of cognitive or physiological decline in aging brains. Instead they are evidence of continued learning and increased knowledge.'

So when your children tell you that you are getting forgetful, smile sweetly and reply, 'Well, dear, I just *know too much.*'
That will give them something to think about!

For information on programs and services that support healthy aging, contact the NRV Agency on Aging at 980-7720 e-mail: nrvaoa@nrvaoa.org. Website: www.nrvaoa.org.

Financial Statement

May 1 to through May 22, 2014

Balance end of April 2014 \$7,618.67

Credits

Membership	0.00
50/50 Raffle	0.00
Health Fair	1,450.00
Interest	.00
TOTAL	\$1,450.00

Debits

Kopy Korner	104.24
VA Corporate Communication	25.00
TOTAL	\$129.24

Balance end of May 2014 \$8,939.43

Balance in Reserve Account (Health Fair) \$2,682.76

Pat Ballard, Treasurer

Membership Report June 2014

2014 Members	207 individuals	127 households
Lifetime Members	35 individuals	22 households
Life Members	12 individuals	11 households
Comp Members	20 individuals	20 households
Honorary Members	2 individuals	1 households
Total Membership	276 individuals	181 households

Tom Alston, Membership

The Biennial Blacksburg

AARP-VCOM Health and Wellness Fair

Wednesday, September 17th • noon to 4:00 at VCOM II. Featuring 100 exhibitors providing free health and wellness services such as flu shots, eye and hearing exams, and many other medical services. Try one-stop shopping! Don't spend your time traveling to numerous locations.



Chapter #2613
Leslye Bloom, President
P.O. Box 10082
Blacksburg, VA 24062

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

Please take note:

September 17 *Wednesday* HEALTH FAIR at VCOM 2

October 21 Candidates for state & national office are invited to speak.

AARP Blacksburg Chapter serving the New River Valley

Annual Picnic June 17 11:30 at Nellie’s Cave Park

Bring a dish to pass and a gently used item for the white elephant auction!

AARP Blacksburg Chapter Member Application for 2014

 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)

Make checks to AARP Blacksburg Chapter #2613

And mail to
 P.O. Box 10082
 Blacksburg, VA 24062

Check the date on the label above, 2013 means it’s time to renew!

**Local Chapter membership requires membership in National AARP. For more information, call 1-888-687-2277 or mail national dues to AARP • 601 E Street, NW • Washington, DC 20049.*