



Serving the Greater New River Valley, Virginia

Blacksburg Chapter News

May 2014 • Vol. 31 • No.5
www.blacksburgaarp.org

May 20 Chapter Meeting

Preventing Polypharmacy

by Dr. Ronna New.

What is Polypharmacy? Polypharmacy has been defined as the concurrent use of five or more medications (prescription or over-the-counter) or the use of more medications than is clinically needed. This is a significant and growing health problem, especially among older adults.

Dr. Ronna D. New is a geriatrician and family medicine physician from Abingdon, VA. She graduated from the Edward Via Virginia College of Osteopathic Medicine as a member of the inaugural class in 2007. She completed her family medicine residency in 2010 at the University of Louisville in Louisville, KY where she served as chief resident and also completed her fellowship in geriatric medicine in 2011. She is board certified in both family medicine and geriatrics. Dr. New has dedicated her career to not only practicing, but also teaching. She has served as an Assistant Professor teaching in family medicine residency programs and a geriatric fellowship. In March, Dr. New was presented the award of Young Osteopathic Family Physician of the Year by the American College of Osteopathic Family Physicians. She has a passion to educate the geriatric population about polypharmacy and recently had her article entitled "Polypharmacy Concerns in the Geriatric Population" published in the *Osteopathic Family Physician* journal.

VCOM II is at 2280 Kraft Drive at the intersection of Research Center Drive (formerly Ramble Road) in the Virginia Tech Corporate Research Center. Pizza, salad and beverages provided at 11:30 am

President's Message from Leslye Bloom

You know you're old when...



Leslye's facebook computage - see the webpage for the color version

Last week I was having lunch out when the cashier appeared at my table and said "excuse me, would you mind if another old lady sits at your table?"

I looked up, smiled, and said "another old lady?"

"Oh I'm so sorry!" Said the young woman. "That's OK dear" I replied.

What would you have said?

I'll bet some of you are thinking "I'm not an old lady" (especially you men.) I don't feel old either. Few folks are so rushed (tactless? honest?) to phrase it so bluntly. Put yourself in my place. What's the best response? Email me? You have to admit, that was funny!

New Legislative Chair

Welcome to Alison Galway, our newest board member, and Chair of the Legislative Committee. The former director of Tech's Adult Day Care Center, Alison's skill set

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Don't forget to bring your food donation (a can or box of non-perishable food) to the AARP chapter meeting. We will collect food at each monthly chapter meeting.

Upcoming Events

May 6 • 10:00
board meeting

May 13, 2014 • 9:30 to 11:30
Health and Safety Event by NRV Agency on Aging (see page 3)

May 20 • 11:30 The VA College of Osteopath Medicine hosts AARP chapter meeting at VCOM Speaker Dr. Ronna New of Abingdon.

May 19 & 20 Driver Safety Class (see page 2)

June 3 • 10:00
board meeting

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

September 17 *Wednesday*
Noon to 4:00
AARP-VCOM Health and Wellness Fair (see page 3)

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.

President's Message

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is perfect for the job. For more, please see her bio in the February newsletter.

New Membership Flyer

Terry Wildman passed around a draft at the May 6 board meeting. It's looking good! Stay tuned...

By the time you read this, it will be too late.

Don Creamer, our excellent web master, has put a request for YToss volunteers on our site. The event will be over (and the students graduated and gone) by the time this newsletter arrives in the mail. Why waste space on it here? To encourage you to check our web site regularly.

Recruiting

I believe word of mouth is our best recruiting tool. Invite a friend to our next meeting (VCOM II on the 20th.) A lot of people seem to think chapter membership comes along with their national AARP card. Nope.

New Chapter Locator

There is a new tool on the National web site – a chapter locator. Just enter the ZIP 24060 and there we are! Though it seems simple, it represents a monumental amount of work by our National and State offices! Try it out, and let me know what you think.

Yours in Service,
Leslye

Driver Safety Class

Cecil McBride will be teaching driver safety class at the Radford Rec Center May 19th and 20th. Contact Audrey Caldwell 540-731-5517 to register.
Cecil McBride cmcbride@vt.edu

Looking for the minutes from the May board meeting?

You can find the draft minutes at www.blacksburgaarp.org/minutes0214.pdf 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.



April Meeting: Leslye with prospective and new members, *Photo by Ben Crawford.*

Membership Report May 2014

2013 Members	41 individuals	27 households
2014 Members	202 individuals	124 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 312 individuals 205 households

Tom Alston and Jim Wightman Membership

The chapter website at www.blacksburgaarp.org

One of the purposes of the website is to serve as a repository for historical records of the Blacksburg AARP chapter. Two pages on the site are devoted to this purpose—the About Us page and the Chapter History page. All members are invited to review these pages for accuracy and completeness. Contact the website editor with suggestions for improvement of these records.

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*

May is Older Americans Month

Safe Today, Healthy Tomorrow

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The celebrations recognize older Americans for their contributions and demonstrate our nation's commitment to helping them stay healthy and active.

Unfortunately, unintentional injuries in the older adult population result in at least 6 million medically treated injuries and more than 30,000 deaths nationally every year. This is mind boggling and tragic! The good news is that the numbers can be reduced if injury prevention and safety measures are taken.

Some general suggested safety tips:

- 1 Pursue regular exercise (approved by your doctor) to improve endurance, strength, balance and coordination.
- 2 Have regular vision checks.
- 3 Ensure ample lighting inside and outside your home.
- 4 Install handrails and grab bars wherever helpful in your home; especially near stairs and in bathrooms.
- 5 Choose shoes with non-slip soles that provide support without bulk.
- 6 When cooking, wear snug-fitting or short-sleeve clothing and good oven mitts.
- 7 Test smoke detectors regularly and have them near cooking areas and in bedrooms.
- 8 When driving, plan your route and choose the safest routes that are well-lit, familiar and offer easy parking. Wear your seatbelt! Eliminate distractions inside the vehicle and stay focused.

Please join us for a Health and Safety event sponsored by the New River Valley Agency on Aging, Christiansburg Recreation Center and Warm Hearth at Home on Tuesday, May 13, 2014 from 9:30 a.m. to 11:30 a.m. at Park United Methodist Church located at 306 Park Street in Christiansburg. Health and safety professionals will have a panel discussion on topics to promote healthy, active and safe living. Refreshments will be served. Pre-register if possible. Call 540-382-2349. Tina King, Executive Director New River Valley Agency on Aging

The Agency on Aging as an Aging and Disability Resource Connection provides information, referrals and assistance to help older adults, adults with disabilities and their caregivers find solutions to meet their needs. For more information on how the Agency on Aging can assist you or someone you know, please call 980-7720; e-mail nrvaoa@nrvaoa.org, or visit our website at www.nrvaoa.org.

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.

AARP Tax-Aide counselors completed another successful year of tax preparation. This was an extremely busy year and the snow contributed to our needing to reschedule some clients. The program served 1074 total clients.

- 912 federal returns for the current year
- 3 prior year returns
- 15 amended returns
- 151 question and answer only

The program concluded the tax season on April 15. Twenty-two volunteers worked for the program this year – 5 client facilitators and 17 counselors.

The Tax-Aide program is always in need of new volunteers. If you or anyone you know may be interested in working with the Tax-Aide program, please have them get in touch with Pat Ballard at 540-382-1189 or by email at pballard@vt.edu.

Financial Statement

April 2014

Balance end of March 2014	\$3,953.30
Credits	
Dues	45.00
50/50 Raffle	24.50
Health Fair	3,700.00
Interest	.12
TOTAL	\$3,769.62
Debits	
Kopy Korner	104.25
TOTAL	\$104.25
Balance end of April 2014	\$7,618.67
Balance in Reserve Account (Health Fair)	\$2,682.76
Pat Ballard <i>Treasurer</i>	

Community Service Volunteer Opportunities

What is Community Service? What do those words mean to you? To me Community Service means giving of myself to help others within my community. Many of us say, I don't have time, I cannot find anything I'm interested in doing and/or I'm just not an individual that volunteers. Well, I'm here to tell you that your life can only be enriched by giving of yourself. And who knows, you might learn something!

The Children's Museum in Blacksburg needs volunteers to serve as docents. Contact Heather Abbott or Paula Bolte at 540 953-0103 for more information.

VA Tech Adult Day Services is seeking volunteers to help with outdoor gardening projects. Contact Ila Schepisi at 540 231-3161.

United Way is looking for volunteers to help with donor services. Volunteers should be detail oriented with excellent PC skills. Training will be provided by UW staff. Contact Jara at 540 381-2066 for more information.

Intrepid Hospice is seeking volunteers to serve in their office or work with patients. Call Mary Ferraro at 570 809-1776.

Southern Care Hospice needs volunteers to assist with arts & craft activities in area nursing & assisted living homes. Call Vera Ranger at 540 366-0927.

Community Events:

VA2K Walk & Roll at Salem Veterans Medical Center is being held Wednesday, May 21 from noon – 1pm. This event is to benefit homeless veterans and to promote health and wellness among our veterans. Contact Benett Bass at VA Medical Center 540 224-1919 for more information. Sally Anna Stapleton, *Community Service Committee Chairman*

Legislative Report to the Board of Directors

Blacksburg AARP May 2014

1. Driver Safety. Current research shows the best way to identify unsafe drivers is in-person license renewal. Legislation recently passed will require drivers 75 years of age and older to renew in person every 5 years, effective Jan. 1, 2015. Previous law required in-person renewal for persons over 80 every 8 years.

2. Financial Exploitation. AARP has worked on this issue for many years and recent legislation now makes it a criminal offense to exploit incapacitated persons. This will make it easier to bring exploiters to justice.

3. Ethics Bill. Passed by Legislature with virtually no opposition. Some feel there are too many loopholes and not enough means to insure effective enforcement.

4. Budget. There has already been agreement on some major issues-mental health, education, transportation but no agreement on the overall budget due to continued controversy over Medicaid Expansion. The current budget ends on June 30, 2014. The Governor has said there will be "no Government shutdown" if a new budget is not approved by that date.

5. Medicaid Expansion. No progress on this issue. The positions on the Governor, House, Senate have been frequently stated with little movement towards agreement. Right now it looks like the one proposal that has best chance of bringing the parties together is "Marketplace Virginia" which was offered by Senator Watkins. The issue has become so complex that major surveys by the "pros" have resulted in different conclusions as to whether there is now public support for the expansion.

Val Coluni, Chair Legislative Committee

At Virginia Tech Retirees Association:

Wednesday, May 21 • 10:00 AM

Tour of the Signature Engineering Building

Call Sandy Birch at 540 951-3455 for reservations

Chapter Officers & Board 2014

President • Leslye Bloom, leslye_bloom@comcast.net

Vice President • Terry Wildman, wiley@vt.edu

Secretary • Virgil Cook, vcook@vt.edu

Treasurer • Pat Ballard, pballard@vt.edu

Board Members

Class of 2014: Leslye Bloom, leslye_bloom@comcast.net

John Hillison, johnhillison@comcast.net

Cecil McBride, cmcbride@vt.edu

Class of 2015: Don Creamer, dgc2@vt.edu

Nola Elliott, ne_elliott@peoplepc.com

Terry Wildman, wiley@vt.edu

Class of 2016: Tom Alston, tpalston@gmail.com

Tina King, tinaking@nrva.org

Sally Anna Stapleton, sanna418@gmail.com

Committee Chairs

AARP of Virginia Liaison

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Cecil McBride, cmcbride@vt.edu

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Chapter Awards

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Community Service

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Chapter Awards Nominations

For the Chapter: Three Awards *deadline June 30*

AARP Chapter Education Award: This award is given to a Chapter that has implemented educational programs that improve the lives of our members and those of the community. Educational programs can include workshops, displays, resource tables, or co-sponsorship of events that address the needs and interests of the 50+ population. Special emphasis will be placed on educational programs that address the health, financial, and independent living needs of our members and promote awareness and appreciation of life after 50.

AARP Chapter Advocacy Award: This award is given to a Chapter that has provided support to AARP's advocacy agenda at the federal, state, or local level. Support can include writing letters to or meeting with elected officials, hosting candidate events, sponsoring "You've Earned a Say" activities, participating in lobby days, or raising awareness on AARP's priority legislative issues through various communication channels.

AARP Chapter Service Award: This award is given to a Chapter that has contributed to the well-being of their community by sponsoring or participating in local community service activities or events. Community service activities are limitless and can include food and clothing drives, tutoring and mentoring, friendly visits, meals-on-wheels, housing repair, and scholarships and donations just to mention a few.

For Individuals: Two Awards *deadline October 21*

Each year the Blacksburg Chapter AARP recognizes two individuals at the annual holiday luncheon. The Chapter Service Award is given to a member or former member who has made significant contributions to the chapter.

The Community Spirit Award is given to the person whose activities in the community have been outstanding.

All members and former members of the Chapter are eligible for consideration for these awards and all members are invited to submit nominations. Nomination forms will be available at general meetings and will be published in a future newsletter. Nominations must be received by October 21st and honorees will be determined by the Awards Committee.

Please contact Doris Abraham, Chairperson, Awards Committee, dsta118e@verizon.net with questions or for further information.



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

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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 _____

Annual (Calendar Year) Dues: \$15.00 (includes spouse)*

Spouse/Partner _____

New Renewal 90+ years old (no dues)

Address _____

Make checks to AARP Blacksburg Chapter #2613

City _____

And mail to

State Zip _____

P.O. Box 10082

Blacksburg, VA 24062

Phone _____

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

Email _____

**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.*

Prefer to receive newsletters: (check one) Mail Email