



April 2012  
Vol. 29, No. 4

<http://civic.bev.net/aarp>

## **April 17 Chapter Program: Nursing Programs at New River Community College with Prof. Teri Moore**

The April 17 AARP Blacksburg Chapter Program will feature Health Care Preparation programs at New River Community College.

The meeting will start at 11:30 am with a Brown Bag lunch. The program will begin at noon and end at 1 pm. The meeting will be at the Blacksburg Community Center on Patrick Henry Drive. All Chapter meetings are open to the public and guests are always invited and welcome.

Continuing the Chapter Theme of AARP Chapter Partners in Higher Education, Prof. Teri Moore, Head of the Health Care Preparation Programs at New River Community College will provide an overview of the preparation programs in Licensed Practical Nurse (LPN) and Registered Nurse (RN--two year degree) at NRCC and how these programs fit into the Bachelors Degree Program in Nursing at Radford University for those students who want to continue their education at that level. There will be a review of where the students gain practical experience in the area and how these relate to health care for older persons. As always, there will be ample time for questions and answers both before and after the meeting.

This month's "Table Top Talk" will be by chapter member Larry Mitchell displaying his fused glass art work with a brief comments about this unique art form.

### **Mark your Calendar for the May Meeting**

The May 15 Meeting with focus on Domestic Violence in Later Life led by New River Valley Women's Resource Center Staff member Mary Beth Pulsifer. Mark your calendar for a discussion of this important topic

## **"You've Earned a Say" Forum to Follow April 17 Chapter Meeting**

The Blacksburg AARP Chapter will hold a *You've Earned a Say* listening forum following the public meeting scheduled for April 17 at 1:00 pm. This will be part of the national AARP effort to hear from those who participate in the Medicare and Social Security programs, which is everyone who works or currently receiving benefits.

The position taken by AARP is that too much negotiating has occurred behind closed doors in Washington and now it is time to tell both the President and Congress what you think. Participants will have the opportunity to express their thoughts on the future of Medicare and Social Security. Opinions will be analyzed and shared with National AARP. After analysis has occurred the second part of the process will start in the summer with specific proposals based on the results of the first round. Additional information is available can be found on the computer at [earnedasay.org](http://earnedasay.org). Ultimately, AARP will be able to share thoughts and suggestions with both the President and Congress.

If you care about the future of Medicare and Social Security, be sure to attend the listening forum for *You've Earned a Say* to be held at the Blacksburg Community Center starting at 1:00 pm on Tuesday April 17.

**Let your voice be heard.**



## President's Column

Little doubt exists that Social Security and Medicare are important issues for our members. Threats to both programs by some groups and some legislators in Washington and governments elsewhere violate promises made to senior citizens and endanger the economic wellbeing of a major segment of our population. AARP National is sponsoring a countrywide discussion of the issues and you are invited to participate. The initiative is called ***You've Earned a Say***. You have seen ads on TV and heard them on radio. Now, it is time for your voice to be heard on these vital issues.

Two of your Board members, John Hillison and Leslye Bloom, have been trained to lead ***You've Earned a Say*** sessions and will be doing so in the next month or so in the Blacksburg area. One of those sessions will be immediately following our next public meeting on April 17. Make plans to stay after the meeting and be sure that your voice is heard about Social Security and Medicare.

Don Creamer

## April AARP Driver Safety Course at Blacksburg Community Center

Spring is a great time to take an AARP driver safety course being offered at Blacksburg Community Center, 725 Patrick Henry Drive.

The course will be held on Thursday and Friday, April 19 and 20, from 1:00 to 5:00 p.m.

To pre-register for this course call Curt Finch at 552-8179. Course fee is \$12.00 for AARP members and \$14.00 for non-members, payable by cash or check to "AARP" on the first day of the course.

Sponsored by the Blacksburg Community Center and the Blacksburg AARP Chapter, this 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any formal examinations. Course graduates may be eligible for multiyear discounts to their auto insurance premiums.

Baseball is like driving,  
it's the one who gets home safely that counts.  
~Tommy Lasorda

## Success of AARP Legislative Priorities in the 2012 Virginia General Assembly

Reported by Val Coluni, Legislative Committee

The work of the 2012 Virginia General Assembly has now ended.

David DeBiasi, Virginia AARP associate state director for advocacy, provided a summary of how AARP priorities for the Virginia General Assembly fared. Among the priorities that AARP supported successfully were:

1. Increase access to health care for Virginians by enhancing the scope of Nurse Practitioners who will now be able to work at off-site clinics and offer primary services without having an MD regularly at the site.
2. Lobbied to remove a photo ID requirement from a bill that would have changed the type of identification voters need to cast official ballots.

Unsuccessful efforts included:

1. Lost the effort to strengthen the law to prosecute financial elder abuse.
2. Lost the effort to close loopholes used by payday and car title lenders.

As of the end of March, budget negotiations were ongoing so final results in legislation related to possible cuts in Medicaid eligibility for long-term care are not yet resolved.

We hope to have reports from our local representative (Joseph Yost – R) and senator (John Edwards – D) in the near future. For more information, talk with Val Coluni.

For more information about AARP advocacy work, go online to [www.aarp.org](http://www.aarp.org). AARP is a nonprofit, nonpartisan organization that helps people 50 and over improve the quality of their lives.

### 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.

PO Box 10082

Blacksburg, VA 24062

<http://civic.bev.net/aarp/>

## **News from the Agency on Aging**

Tina King, Executive Director  
New River Valley Agency on Aging

Hospitalizations are events that we try to avoid.....some of us are more successful with this than others. However, most of us can help reduce our chances of repeat visits by remembering and practicing a few basic but important things. Successful care transitioning from the hospital back to our homes plays a big part in helping to avoid re-hospitalization. Studies show that 1 in 5 patients with Medicare are readmitted within 30 days of discharge. Nearly 50% of readmissions could be avoided if some basic practices are followed.

The first important thing to remember is that successful care transitioning out of the hospital begins immediately upon admission. It begins with us being an active part of our healthcare team and “partnering” with the doctors, nurses and discharge planners. We need to provide information on the current medications we are taking and our diagnosed health conditions upon admission to the hospital. Maintaining a Personal Health Record will assist with this. A Personal Health Record booklet can be obtained by calling the Agency on Aging at (540) 980-7720, or an electronic record can be set-up by going to the Medicare.gov website.

Also, we need to ask questions, or have someone else on our behalf, ask questions and make sure that we get answers that we can understand about the condition we have been hospitalized for, medications that have been prescribed, what is going to happen next, what we can do to improve our condition and how will our health care needs be met once we leave the hospital. Do we know who to call if we have problems with our transfer, or if we need guidance on how to take our medications?

Discharge planners play a vital role in working with hospitalized patients to ensure successful care transitioning. Some might use a checklist and complete it with individuals to ensure that questions are answered and appropriate plans are made before discharge. However, individuals can use their own checklist and request that their health care providers go over it with them so that they get answers they need and can understand that will best help them manage their health care and related need when they return home.

Discharge planning checklist created by Medicare can be obtained by contacting the Agency on Aging or going to the Medicare.gov website.

If equipment and supplies are needed, such as shower chairs, oxygen systems, skin care items, etc., having them ordered before leaving the hospital is important. Referrals for needed in-home services or for transportation to follow-up appointments can be made before discharge to help facilitate timelier implementation.

It is important that items posing a fall risk in our homes are removed or rearranged. Falls are a major factor in causing re-hospitalizations. Also, it is helpful to have a schedule set up for someone to check on our well-being once we return home. This can usually be done informally with family and/or friends. However, services such as the Telephone Assurance Program can be arranged by contacting the Agency on Aging.

Last, but not least, we need to be compliant in taking the medications prescribed, and reporting any concerns with taking them. It is also a good idea to make an appointment with our primary care physician within a week of returning home to discuss with them any medication changes, any new diagnosis, etc. Follow-up with any appointments to specialist is also important.

On another note, the Agency on Aging is putting together an annual Area Plan for our upcoming year that begins October 1, 2012. We want to target our limited resources to provide services that are needed the most. It is important that we gain input from those outside of our agency regarding what services are believed to be needed the most by older adults and caregivers in our communities. The Agency currently provides information and assistance services, home delivered meals, congregate meals, homemaker services, respite care, transportation, care coordination, health insurance counseling and Medicare fraud prevention, legal assistance, elder abuse prevention and long-term care ombudsman programs. For more information and/or to provide input, please contact Tina King by phone at (540) 980-7720; e-mail at [tinaking@nrva.org](mailto:tinaking@nrva.org) or mail to NRV Agency on Aging, 141 E. Main St., Suite 500, Pulaski, VA 24301.

I lay in the bed at the hospital and said, “let’s see what I have left.” And I could see, I could speak, I could think, I could read. I simply tabulated my blessings . . . . ~Dale Evans Rogers

**Financial Report Blacksburg AARP  
Chapter 2613  
March 2012**

<b>Balance end of January 2012</b>	<b>\$1,831.40</b>
<b>Credits</b>	
Health Fair (Lewis Gale-Mont)	\$ 500.00
Health Fair (Bburg PT & Nat'l Bank)	200.00
50/50 Drawing	25.00
Memberships	60.00
Interest	.05
Check book	18.00
<b>TOTAL</b>	<b>\$ 803.05</b>
<b>Debits</b>	
Brian Allen (2 coffee urns)	\$ 103.72
John Hillison (postage)	33.30
Kopy Korner	125.48
Val Coluni (travel expenses)	39.75
<b>TOTAL</b>	<b>\$ 302.25</b>
<b>Balance at end of January 2012</b>	<b>\$2,332.20</b>
<b>Balance in reserve account</b>	<b>\$2,679.47</b>

**Membership Report Blacksburg AARP  
Chapter # 2613  
April 2012**

**Member Profile:**

Category	Individual	Household
AARP 2012 Members	244	150
Lifetime Members	41	24
Life Members	10	9
Comp Members	18	18
Honorary Members	3	2
<b>Total Membership</b>	<b>316</b>	<b>203</b>

**New Members:** none

Membership Committee: Tom Alston (Chair), Sue Farrar, Jim Wightman

**Don't Let Yourself Be a Victim –  
Here's How**

From the Baylor College of Medicine's Texas Consortium Geriatric Education Center

- **Manage your loneliness and social isolation; try making new friends or reaching out to family.**
- **Practice good health habits to boost physical independence.**
- **Information is your best defense against fraud.**



Montgomery-Floyd Regional Library  
*One stop, unlimited possibilities*

**Services for Seniors at the  
Montgomery-Floyd Regional Library**

By Elizabeth Sensabaugh,  
Blacksburg Library Branch Supervisor

All the branches of the Montgomery-Floyd Regional Library (MFRL) serve as SeniorNavigator Centers! If you don't already know what SeniorNavigator is, let me tell you! The Senior Navigator website and the disAbilityNavigator website are related branches of a 'family' of VirginiaNavigator websites that will link you to valuable and free information for seniors, caregivers, adults with disabilities and their families.

Senior Navigator is self-described as "a 501c3 non-profit organization that provides free information about the health and aging resources available to Virginians. The information focuses on issues such as health, financial concerns, legal questions, health facilities, housing options, transportation, exercise programs, advocacy, and more."

All MFRL branches offer public computers and internet access at no cost, so those who are interested in SeniorNavigator and don't have access in home should come to their MFRL branches. As SeniorNavigator Centers, each MFRL branch provides library staff that will assist you in getting the information you need. You'll be amazed at what you can find on SeniorNavigator.org!

While being a SeniorNavigator Center, MFRL is also finding other ways to serve homebound and disabled patrons. Library Director Paula K. Alston is currently working on a new service method for patrons with disabilities who are unable to travel to the library. Upcoming services for qualifying patrons will include sending books by mail or offering curbside delivery. More detailed information about these programs and eligibility requirements will be available on the MFRL website by May 1, 2012. We'll keep you posted as these services and more unfold.

## Health Tip from *Home Sweet Home News*\*

by Larry Alexander

**Know your weaknesses (heart, diabetes, blood pressure, etc.) and monitor them carefully – prevention is a much better choice than waiting until you need medical attention.**

\*The *Home Sweet Home News* published by Larry and Anne Alexander is an excellent source of useful information. You can read it online at [www.homesweethomenews.com](http://www.homesweethomenews.com).

## Tax Aide Program Update

AARP Tax-Aide counselors are entering the last month of tax preparation. This has been an extremely busy year. Through March 31, the program has prepared 768 federal returns for the current year, 7 prior year returns, 13 amended returns and handled 55 clients who were questions and answer only. The program will conclude the tax season on Monday, April 16. As usual, during April we start getting some of the more difficult returns as people tend to put off what they think is bad news. There are still a few appointment times left so if you know anyone who needs help with their taxes, have them call 382-2349 for an appointment and come see us. The 24 volunteers at the Christiansburg Site have done a wonderful job with assisting taxpayers.

## AARP Chapter 2613 Board Minutes March 6, 2012

**Call to Order**—President Don Creamer called the meeting to order at 10:00.

**Officers Present:** President Don Creamer, Vice President Tom Alston, Treasurer Brian Allen, Secretary Virgil Cook

**Board Members:** Leslye Bloom, John Hillison, Mary Ann Hinshelwood, Jim Montgomery, Sally Anna Stapleton

**Non-board-member committee chairs:** Doris Abraham, Larry Alexander, Val Coluni, R. B.

“Ben” Crawford, Curtis Finch, Margaret Kates, Carl McDaniels, Jewell Ritchey, Edd Sewell

**Adoption of Agenda**—Don Creamer. Sally Anna Stapleton moved that the agenda be adopted. The motion passed.

**Approval of Minutes**—Virgil Cook moved that the minutes of the March 6 meeting be approved. The motion passed.

**Treasurer's Report**—Brian Allen. The balance at the end of February was \$1,831.40. Blacksburg Physical Therapy Lewis Gale Montgomery Hospital, and the National Bank of Blacksburg contributed a total of \$7.00. The largest expenses were a one-time charge for two coffee urns, one for coffee and one for hot water, \$103.72, and \$125.48 for the newsletter. The balance at the end of March was \$2,332.20. Brian noted that the urns will be locked up and used only for chapter functions. Brian moved that the report be received. The motion passed.

**Membership**—Tom Alston. The total membership is 316. There is one error in the e-mailed report. There were Fifty members who did not renew their membership. Responses to the survey given at the general meeting were very favorable. There were 32 submissions, approximately half of the attendees.

**Legislation**—Val Coluni. We lost on elder abuse and payday lending. How can we be more successful? The senior population of the state is very vulnerable. Val saw a very moving interview with a 95-year-old woman who had been abused physically, psychologically, and financially. The defense argued that the woman was suffering from dementia. A defense lawyer tried to discredit the woman, but the court convicted the son who had abused her. Delegate Yost has published a letter about his accomplishments during this year's General Assembly. Senator Edwards will probably publish his letter after the budget issue is settled. In the tentative budget, much more money has been allocated for both public education and for the Department of Health and Human Services, which includes the elderly and disabled.

Val turned to Federal issues. The healthcare law is a major law, ranking with Brown Vs. Board of Education. It looks as if the law might be in jeopardy. Val distributed a list of terms to help us better understand the issue.

*continued on page 6*

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Wendell Hensley is responsible for reporting on county issues. The biggest issue is the proposal to increase the real-estate-tax rate to 12 cents. In a written report, Wendell indicated that he believed that the proposed rate would be reduced to 10 cents and perhaps even less.

Val has enrolled in the Citizens Institute in Blacksburg. The first meeting occurred last night, April 2. The town manager talked for an hour and a half. Participants will be visiting the nine, operating departments in the town. The sessions will last for two hours, but one will last for three. Surplus property is still an issue with Town Council; but because they go into executive session to discuss this issue, we know little about what Council is doing. One group wants the council to seek funding for a children's museum downtown. Council took the issue under advisement. They are supporting a veterans parade on April 29.

In response to a question from President Creamer, Val suggested having the director of the Women's Resource Center to speak on what the center does. At the meeting in Richmond, she focused on elder abuse. Val also recommended that the film on elder abuse be shown to the chapter.

**Programs**—Carl McDaniels. The April 17 program will feature New River Community College's Health Care curriculum--RN, LPN, and other programs. Dr. Terri Moore, Program Head, will present the program.

We are working together on the picnic. Paul Little will supply the entertainment.

**Health Fair**—John Hillison. Fifty letters have been sent out to potential exhibitors.

**Awards**---Nita Wightman sent a note asking if April is too early to solicit nominations. The board agreed that publishing the notice in the May and June newsletters should be sufficient.

**Newsletter**—Edd Sewell. There will be some expense to changing Web hosts.

**Health**—Larry Alexander. Health tip: Learn what your weakness is--heart, diabetes etc.--and monitor them regularly.

**Driver's Ed**—Curt Finch The rule that you cannot hold a course with less than 12 has been changed, allowing the instructor to decide whether to offer the course. The next course will be held on April 19-20.

**Caring**—Margaret Kates sent out three cards over the past month.

**Retirees association**—Margaret Kates. There will be a tour of the Hahn Gardens on Monday, April 23, at 10:00. Those who plan to attend should call Sandy Birch at 951-3455. The retiree dinner will take place on April 24 at Custom Catering.

**Liaison**—Ben Crawford. April 15-21 is National Volunteer Day. There will be an annual conference on volunteerism in Richmond on June 15. Carol Lee Doughnuts will give a free doughnut to AARP members who buy a cup of coffee. The national AARP Expo is scheduled for September 20-22 in New Orleans. There will be lots of workshops. Pat Ballard was honored at Rotary yesterday for her work with the tax service.

**Adjournment**—The meeting was adjourned at 10:52.

Virgil A. Cook, Secretary

## Health Care Law: A Glossary

Taken from USA Today, Monday, March 26, 2012

Combine the health insurance market with the federal court system, and you may need a dictionary to wade through the Supreme Court's hearing on President Obama's health care law. Here is a glossary of terms:

- **Adverse selection** – a situation in which a health insurer is unable to recover in premiums enough money to cover the risk posed by the insured people.
- **Community rating** – a rule that limits how much health insurers can vary premiums within a community based on age, gender, health status and other factors, in order to protect those with greater health needs from exorbitant prices.
- **Cost shifting** – transferring the cost of treatment in hospitals or doctors' offices from patients without insurance to those with insurance, through higher premiums.
- **Guaranteed issue** – a requirement that health plans accept people regardless of pre-existing conditions or other factors that could make them more expensive to insure.
- **Individual mandate** – a requirement that people buy health insurance or pay a penalty.

*continued on page 7*

continued from page 6

- **Insurance exchange** – an insurance marketplace for individuals and small businesses to shop for health plans that compete against each other for their business.
- **Limiting principle** – a precedent that would prevent a court ruling from affecting other situations. Opponents of the law argue that mandating health coverage could lead to other purchasing mandates.
- **Pre-existing condition** – a condition, disability or illness that precedes enrollment in a health plan.
- **Risk Adjustment** – a statistical calculation used to pay health plans based on the risk they have assumed. This removes their incentive to target healthier people and avoid those with greater medical needs.
- **Severability** – the ability for a part of the law—in this case, the individual mandate—to be separated from the rest of it without rendering other provisions unworkable.

## 2012 Officers & Board Members

### Officers

President	Don Creamer	dgc2@vt.edu
Vice President	Tom Alston	tpalston@gmail.com
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	brian.allen@prodigy.net

### Board of Directors

*Class of 2012* -- Mary Ann Hinshelwood, [mah@mahinshelwood.com](mailto:mah@mahinshelwood.com), June Schmidt, [schmidtj@vt.edu](mailto:schmidtj@vt.edu)  
*Class of 2013* -- Tom Alston, [tpalston@gmail.com](mailto:tpalston@gmail.com); Jim Montgomery, [jhmontgome@verizon.net](mailto:jhmontgome@verizon.net); Juanita Wightman, [Wightman@vt.edu](mailto:Wightman@vt.edu)  
*Class of 2014* – Leslye Bloom, [leslye@leslyebloom.com](mailto:leslye@leslyebloom.com); John Hillison, [johnhillison@comcast.net](mailto:johnhillison@comcast.net); Mary Ann Hinshelwood, [mah@mahinshelwood.com](mailto:mah@mahinshelwood.com)

## 2012 Committee Chairs and Members

<u>Committee</u>	<u>Chair/Members</u>	<u>Contact</u>
Caring	Margaret Kates	552-4107
Chapter Awards	Juanita Wightman	552-2007 <a href="mailto:wightman@vt.edu">wightman@vt.edu</a>
	Jim Montgomery	552-6735 <a href="mailto:jrmonte@verizon.net">jrmonte@verizon.net</a>
Community Service	Sally Anna Stapleton	552-0505 <a href="mailto:zulla1947@verizon.net">zulla1947@verizon.net</a>
Driving Safety Courses	Curt Finch	552-8179 <a href="mailto:crfinch@vt.edu">crfinch@vt.edu</a>
	Cecil McBride	
Financial Planning and Audit	June Schmidt	552-1590 <a href="mailto:schmidtj@vt.edu">schmidtj@vt.edu</a>
	John Hillison	552-8941 <a href="mailto:johnhillison@comcast.net">johnhillison@comcast.net</a>
	Dale Oliver	<a href="mailto:jdoliver@vt.edu">jdoliver@vt.edu</a>
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History	Doris Abraham	382-3392 <a href="mailto:dsta118e@verizon.net">dsta118e@verizon.net</a>
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	Jim Wightman	552-2007 <a href="mailto:wightman@vt.edu">wightman@vt.edu</a>
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Nominating Program	TBA	
	Carl McDaniels	552-5818 <a href="mailto:cmcd@vt.edu">cmcd@vt.edu</a>
	Jewell Ritchey	<a href="mailto:sjr@vt.edu">sjr@vt.edu</a>
Public Relations	Nancy Eiss	951-4015 <a href="mailto:nsjeiss@verizon.net">nsjeiss@verizon.net</a>
AARP Virginia Liason	Ben Crawford	961-5733 <a href="mailto:ben.crawford.vt.edu">ben.crawford.vt.edu</a>
VTRA Liason	Margaret Kates	552-4107
Chaplin	Sandy Birch	951-3455 <a href="mailto:birch@vt.edu">birch@vt.edu</a>

**Don Creamer, President**  
**AARP Chapter #2613**  
**P.O. Box 10082**  
**Blacksburg, VA 24062**

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

## **AARP Chapter #2613 Member Application for 2012**

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) \_\_\_\_\_

Today's Date: \_\_\_\_\_

Make checks to AARP Blacksburg Chapter #2613

And mail to

P.O.Box 10082,

Blacksburg, VA 24062

**\*Local Chapter membership requires membership in National AARP. For more information, call 1-888-287-2277 or mail national dues to AARP, 601 E Street, NW, Washington DC 20049.**