



March 2013  
Vol. 30, No. 3

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

### March 19 Chapter Meeting

## Delegate Joseph R. Yost Update on General Assembly

Delegate Joseph R. Yost who represents the Blacksburg area (District 12) will be the main speaker. He will bring a summary of the recent 2013 Session of the Virginia General Assembly. He serves on the Education, Health, Welfare and Institutions Committee; and the Privileges and Elections Committee. He posts frequent updates in the local media—see March 4, 2013 *News Messenger* (page 4) as an example. There will be ample time for questions and answers, as usual.

The meeting will start at 11: 30 am with a “bring your own” brown bag lunch. Beverages will be available, provided by the Chapter Hospitality Committee. The program will start at noon, and the meeting ends by 1 pm.

There will be a brief "Table Top Talk" update on the local AARP Tax-Aide program provided by Pat Ballard. Don't miss this informative and timely program.

The meeting will be at the Blacksburg Community Center on Patrick Henry Dr.

**Come yourself, and why not invite a friend or two to join you!**



Food Pantry  
Donations Needed

**Don't forget to bring a food donation** (a can or box of non-perishable food) to the AARP chapter meeting on March 19. **Food will go to the Blacksburg Interfaith Food Pantry.**

## President's Column

In March, Rep. Yost has accepted our invitation to be our guest speaker – and special thanks to Val Coluni who has been instrumental in keeping us up-to-date on the political scene and in getting Rep. Yost to accept.



And this time of year, we have to start thinking about one of our favorite subjects... taxes. AARP Tax-Aide is the nation's largest free, volunteer-run tax assistance service. It is available free to taxpayers with low and moderate income, with special attention to those of us 60 and older. AARP Foundation Tax-Aide has helped low- to moderate-income individuals for more than 40 years in every state and the District of Columbia. Pat Ballard will provide Tax-Aide information at our March meeting.

Don Creamer and his committee did an exceptional reviewing and updating our Bylaws, and incorporating our Standing Rules, so that we have a single governing document to keep up to date. The new Bylaws were approved at our March Board meeting. I will have copies at this upcoming meeting if you are interested. Or, call/email me and I will see that you get a copy. We also intend to have them available on our website.

The next Driver safety class is available locally Apr 2<sup>nd</sup>-3<sup>rd</sup>. In addition Judy Sewell also has provided information that there is now an on-line course at the AARP website <http://www.aarpdriversafety.org/>

This month, Our Community Service Chairperson, Sally Anna Stapleton, is collecting cans for Interfaith Food Pantry. If you can, please bring a canned food donation to the meeting.

Tom Alston

## Meet Joseph R. Yost – speaker at the March 16 chapter meeting

*\*This information is adapted from Del. Yost's website.*



A native of southwest Virginia, Joseph was born and raised in Giles County, Virginia. He is a graduate of Radford University earning both a Bachelors of Science and a Masters of Arts in Criminal Justice. Joseph is a proud southwest Virginian never shying away from his nickname as the "Scholar from the Hollar."

At 26, he is the youngest member of the General Assembly and was first elected in November, 2011. He currently serves on the Education and Health, Welfare, & Institutions and Privileges & Elections Committees. Joseph also serves on a variety of boards and authorities including the Board of Trustees for Southwest Virginia Higher Education Center, the Southwest Virginia Health Facilities Authority, the Western Virginia Public Education Consortium, and Chairs the Virginia Health Workforce Development Authority.

### Driver Safety Course to be offered be April 2-3

AARP Driver Safety Course is being held on Tuesday & Wednesday, April 2-3 at the Blacksburg Community Center on Patrick Henry Drive from 1 to 5 pm, taught by Cecil McBride. Participants must register by calling Cecil at 552-4396 or email to cmcbride@vt.edu. The fee is \$12.00 for AARP members and \$14.00 for non-members.

### April and May Chapter Meetings will be at different locations!

The April 16 chapter meeting will be at the new Village Center at Warm Hearth Village, and the May 21 chapter meeting will be at VCOM in the Corporate Research Center.

## Blacksburg AARP Chapter # 2613 Financial Statement for February 2013

<b>Balance at end of December 2012</b>	<b>\$4,485.35</b>
<b>Credits</b>	
Membership Dues	\$ 315.00
Interest	.13
<b>Total</b>	<b>\$ 315.13</b>
<b>Debits</b>	
Kopy Korner	137.55
John Hillison (postage)	37.00
<b>Total</b>	<b>\$ 174.55</b>
<b>Balance end of January 2013</b>	<b>\$4,625.93</b>
<b>Balance in reserve account</b>	<b>\$ 2,681.44</b>

## Blacksburg AARP Chapter # 2613 Membership Report March 2013\*

### Member Profile:

Category	Individual Count	Household Count
AARP 2013 Members	228	138
LifeTime Members	39	23
Life Members	15	14
Comp Members	19	19
Honorary Members	2	1
<b>Total Membership</b>	<b>303</b>	<b>195</b>

New Members: Kathleen Strazzini, Coreen Mett  
Committee Jim Wightman (chair), Sue Farrar,  
Tom Alston

\*Report prepared March 2, 2013

Questions about AARP Virginia? Want to know what's happening at the state level? Go to the website for more information:

<http://states.aarp.org/category/virginia/>

### 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/>

## March is a month of “Awareness” for health concerns

Tina King, Executive Director  
New River Valley Agency on Aging

March . . . the long awaited month that winter doldrums give way to renewed energy and greater activity as we become aware of the signs of spring. March is also a month dedicated to creating awareness around important health concerns.

March is *National Kidney Disease Awareness Month* and *National Colorectal Cancer Awareness Month*. The National Kidney Foundation is urging all Americans to give their kidneys a second thought and a well-deserved checkup. The Center for Disease Control and Prevention (CDC) is recommending everyone who is 50 years old or better to be screened for colorectal cancer regularly. Screenings for both kidney disease and colorectal cancer are services covered under Medicare. To find out more on screening guidelines talk to your health care provider or consult [www.Medicare.gov](http://www.Medicare.gov).

**What you should know about kidney disease:** Early kidney disease has no signs or symptoms. Kidney disease usually does not go away. Kidney disease can be treated. The earlier you know you have it, the better. Blood and urine tests are used to check for kidney disease. Kidney disease can progress to kidney failure. One in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney disease.

### Tips to Keep Your Kidneys Healthy:

- Keep your blood pressure at the target set by your health care provider
- If you have diabetes, control your blood glucose level.
- Keep your cholesterol levels in the target range.
- Cut back on salt. Aim for less than 1,500 milligrams of sodium each day.
- Choose foods that are healthy for your heart: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat dairy foods.
- Limit your alcohol intake.
- Be more physically active.
- Lose weight if you are overweight.
- If you smoke, take steps to quit. Cigarette smoking can make kidney damage worse.

**What you should know about colorectal cancer:** Screening saves lives. According to the CDC if everyone over age 50 were screened regularly, as many as 60% of deaths from this cancer could be avoided. Colorectal cancer is the second leading cause of cancer deaths among men and women in the United States. The risk of getting colorectal cancer increases with age. More than 90 % of cases occur in people age 50 and over. **Many of the recommendations for maintaining healthy kidneys also apply to reducing the risk of colorectal cancer.**

### Tips to reduce your risk of colorectal cancer

- Eat a variety of fruits, vegetables and whole grains.
- Drink alcohol in moderation, if at all.
- Stop smoking.
- Exercise most days of the week. Talk to your doctor before starting any exercise program.
- Maintain a healthy weight.

On another note, we want to hear from you! Please mark your calendar and plan to attend a “Community Conversation on Aging” sponsored by the Agency on Aging on Thursday, April 18<sup>th</sup> from 12 pm to 1 pm. We will gather at the Montgomery County Government Center for an informal meeting to gain input to guide future planning and address identified needs as much as possible. For more information on this event or other questions, call (540)-980-7720 or e-mail: [nrvaoa@nrvaoa.org](mailto:nrvaoa@nrvaoa.org).

## Blacksburg Library News

### What’s new in Large Print at the Blacksburg Library

by Elizabeth Sensabaugh,  
Blacksburg Library  
Supervisor



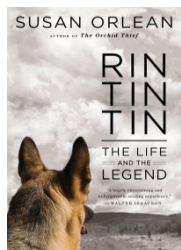
The Montgomery-Floyd Regional Library purchases large print books monthly, and each branch offers a varied collection of fiction and non-fiction titles. Below are a few large print books that are new to our collection. Please check them out!

*Continued on page 4*

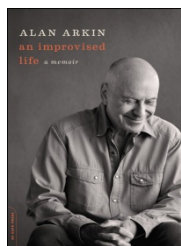
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We also happily accept suggestions for purchase. If you're interested in a title that we don't currently carry, please let us know by completing a 'suggestion for purchase' form. You may specify the format of book, whether digital (eBook), audio (CD or MP3), print or large print!

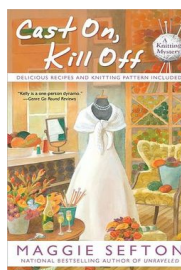
A few good, Large Print books this month are:



Susan Orlean, author of *The Orchid Thief*, has written a book for dog lovers. *Rin Tin Tin: The Life and the Legend* is Orlean's newest story about an orphaned puppy that became a movie star! Rin Tin Tin "was one dog and many dogs, a real animal and an invented character, a pet as well as an international celebrity. He was born in 1918 and he never died."



Actor Alan Arkin reflects on his career in his newly published book titled *An Improvised Life: A Memoir*. Academy award winning Arkin doesn't dish on his fellow actors, and there aren't many behind-the-scenes revelations about movie stars. Instead he writes about the principles behind acting, his personal experiences and his life's journey as it has been invested in the craft of acting.



If you enjoy knitting and/or a gentle mystery, you might enjoy Maggie Sefton's Knitting Mysteries. *Cast On, Kill Off* is Sefton's newest and the tenth in the series. Wedding plans go awry when the seamstress is murdered. Solve the mystery and be rewarded with recipes (hot cheddar bean dip, anyone?) and knitting patterns (La Boheme Shawl) at the end of the story!



Randy Wayne White's long-standing character, Doc Ford, makes another appearance with his brilliant friend Tomlinson in this newest adventure, the nineteenth of the series. Doc Ford is a marine biologist and an investigator who finds himself on a Florida island in a tricky situation involving hostages and beluga.

### AARP Chapter 2613 Board of Directors Minutes March 5, 2013

**Call to Order**—President Tom Alston called the meeting to order at 10:03.

**Officers Present:** President Tom Alston, Secretary Virgil Cook

**Board Members:** Don Creamer, Nola Elliott, John Hillison, Mary Ann Hinshelwood, June Schmidt, Sally Anna Stapleton

**Non-Board-Members, Committee Chairs and Appointees:** Larry Alexander, Val Coluni, Margaret Kates, Carl McDaniels, Jewell Ritchey, Edd Sewell, Jim Wightman, Terry Wildman

**Approval of Minutes for February 5**—Don Creamer moved that the minutes be approved. The motion passed.

**Announcements**—Don Creamer announced that there will be a meeting in Vinton on March 25 that will feature the new state director, Robert Blancato. The meeting will take place at Vinton Baptist Church at 11:30. Advance registration is required. Lunch will be \$15.00.

**Treasurer's Report**—Tom Alston for Brian Allen. A short summary of the report follows:

Balance at end of January: \$4,485.35

Credits: 315.13

Debits: \$174.55

Balance end of February 2013: \$4,625.93

Don Creamer moved that the report be received. The motion passed.

#### **Old Business**

**Bylaws**—Don Creamer. The committee consisted of Don Creamer (chair), Sally Anna Stapleton, Doris Abraham, and John Hillison. The original charge was to revise the standing rules, but committee members felt that they needed a

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context from which to work, so they compared the standing rules with the bylaws. Because of considerable overlap between the two documents, the committee concluded that the best approach was to combine the two documents into the bylaws. The committee consulted with Brian Jack, who agreed with this approach. The most significant changes follow:

Article I: Under offices, the address is always that of the current president, but the mailing address is the chapter's Post Office box.

Article III: The dues amount is now unspecified. Otherwise, the rule would have to be changed whenever the dues amount changed. The statement is replaced with the statement that the Board of Directors authorizes the dues amount. "Associate member" is now specified to mean someone who is under 50 years of age.

Under meetings: it is specified that the chapter meets on the third Tuesday of each month. The board can change the location of meetings so long as it gives ample notice to the membership via the monthly newsletter. "Quorum" is defined as the number of voting members present. The board will approve changes to the bylaws. The specification that the number of board members is limited to 12 was deleted. The board meets on the first Tuesday of each month except in July and August.

Under Officers: The secretary must keep a record of the proceedings in an electronic format.

Under committees: The Driver Safety committee and Tax Help are now listed under "Community Services Committee".

Under Chapter Restrictions: One important point is that one chapter member is the national office. For example, this provision would come into play if a chapter is dissolving; In such a situation there would be the issue of disposing of any remaining money. The national office would have a say over its use. Don Creamer noted that we are the only chapter in the state with a history committee. We need to look at exactly what we want that committee to do.

Don Creamer moved that the board adopt the recommended changes and that they be posted on the chapter Web site. The motion passed.

**Membership**—Tom Alston. Total membership, all categories: 334.

**Programs**--Carl McDaniels. March 19—Delegate Joseph Yost.

April 16—Warm Hearth Village Center—Staff Presentations about new facility & special physical fitness features + Advocate for Long Term Care—Lunch at 11:30

**Legislation**—Val Coluni. Highlights of the report follow:

1. Financial abuse of the elderly passed. The law is less affective than what AARP promoted.
2. The Photo ID for Voting passed and will become law if the governor signs it.
3. The redistricting bill, which AARP opposed, is dead.
4. Medicaid Expansion will take place only if a committee of legislators agrees that three phases of reforms have been met.
5. Transportation. The bill eliminates the state gas tax and replaces it with other increased taxes including retail sales tax.
6. Payday Lending is dead. Lenders find ways of getting around the law.

**Community Service**—Sally Anna Stapleton. Cecil McBride will teach a driver-safety course on April 2 and 3 at the Rec Center.

Sally Anna is recruiting volunteers for the September food drive. She would like to meet with volunteers during the summer. Several large bags of food were collected at the last chapter meeting. This month's collection will go to the Montgomery County Emergency Assistance food bank in Christiansburg.

**Public Relations**—Terry Wildman. Terry reported that he is putting notices of meetings in the News Messenger and other publications.

**Health**—Larry Alexander. Making photos/x-rays, MRI and ultra-souns reports iv very important. Obtaining personal copies of these images is extremely valuable.

**Health Fair**—John Hillison. The contribution from Best Buy still has not been received. If it does come, it will go to VCOM.

**Caring**—Margaret Kates. Margaret reported that she has sent out three sympathy cards.

**Virginia Tech Retirees Association**—Margaret Cates. The spring luncheon will take place on May 31 at Custom Catering.

**History**—Don Creamer for Doris Abraham. Don, who is updating the history, asked the group's opinion on whether he should interview people in the community to see what else AARP can do for its members.

**Adjournment**—The meeting was adjourned at 11:42.

Respectfully Submitted:  
Virgil A. Cook, Secretary

**Tom Alston, President  
AARP Chapter #2613  
P.O. Box 10082  
Blacksburg, VA 24062**

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Organization  
U.S. Postage Paid  
Blacksburg, VA  
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## **AARP Chapter #2613 Member Application for 2013**

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.***