

June 2011
Vol. 28, No. 6

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

May Chapter Meeting is the Annual Picnic at Nellie's Cave Park

Our annual AARP Blacksburg Chapter Picnic and White Elephant Sale will take place on Tuesday, June 21 at Nellie's Cave Park located at the end of Grissom Lane.



Come as early as 11:30 a.m. to see some of the vintage cars, and to listen to the music of Paul Little.

Members are asked to:

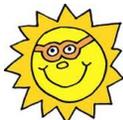
1. Bring your favorite covered dish to share with the group.
2. Bring your favorite attic treasure (something you might see on the PBS Antiques Roadshow program) for auction by our Treasure Brian Allen.

All plates, cold drinks, forks, spoons, and knives will be provided.

All proceeds from the auction go to our chapter's contributions to our community partners that we have worked with and learned about in 2011.

Come early and enjoy the fellowship of AARP'ers before we go our separate ways for the summer. Bring a guest who might want to join our Blacksburg chapter. Come and join the fun!

Food! Friends! Fellowship!



Fall 2011 Chapter Meetings

Chapter meetings will start again on Tuesday, September 20, with a Forum of Candidates for local offices. There will be more information in the September newsletter about this program.

Val Coluni, Blacksburg Chapter Member Featured

The June 2011 AARP Bulletin, a national AARP publication, features Val Coluni in an article titled "The Public Speaks Out" on page 26.

The article, written by Sue Lindsey, begins, "Val Coluni has always believed in fairness. So it was natural for the Blacksburg resident to contact Virginia lawmakers when unemployment benefits for people drawing Social Security were cut last year."

So, before you recycle this issue, read about Val!

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/>

President's Column
**The Good Old
 Summertime:**



Last winter most of us looked forward to the warmer days of summer. Now they are here. Our AARP chapter will have a busy June celebrating "The Good Old Summertime." The first celebration will be June 18th when the Blacksburg celebration of *Summer Solstice* will occur. This is always a fun event that brings a lot of people to downtown Blacksburg. Several members will represent the chapter as AARP United in the annual race known as the Downtown Sundown 5K that is part of *Summer Solstice*. Even if you are not on the United team, come to the Blacksburg Library at 8:30 pm and cheer for the runners/walkers at the start of the race and stay around for the finish.

On June 21st the chapter will hold its annual picnic at Nellie's Cave Park. It will be potluck, with everybody's best prepared dish of food to eat. The food is always great. The fellowship is great. The annual white elephant auction of surplus items from home is great. Gee, did I just say "great" three times? That must be because everything is great and fun. Be sure to bring your items and to also buy other white elephants at the picnic. In addition, Felicia Kiefer (a rising junior at Virginia Tech) has plans to share about an outdoor exercise park for adults and seniors in Blacksburg.

Typically the chapter does not have planned activities for July and August. That way you can save your energy for the many activities we will have in the fall and football. Enjoy "The Good Old Summertime."

John Hillison

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No matter how big and powerful government gets, and the many services it provides, it can never take the place of volunteers. ~Ronald Reagan

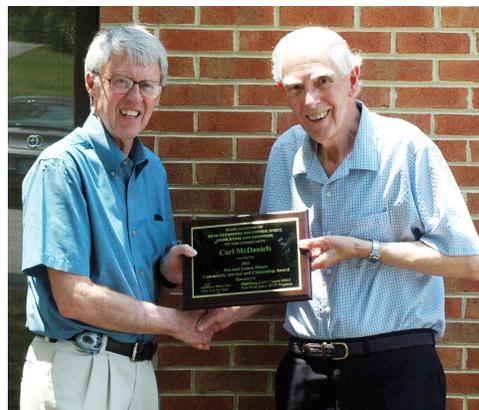
**Carl McDaniels Receives
 The Jim and Lenna Moore
 Community Service and
 Citizenship Award**

On May 17, 2011, at the monthly meeting of the Blacksburg AARP Chapter, Carl McDaniels was honored with The Jim and Lenna Moore Community Services and Citizenship Award.

The award, sponsored by the Blacksburg AARP Chapter, the YMCA at Virginia Tech, and the RSVP of the New River Valley, was presented by Gail Billingsly, Executive Director of the YMCA at Virginia Tech.

Carl has served as president, officer and committee chair of numerous organizations including two-term president of the Blacksburg AARP Chapter. He is a 30-year member of Rotary Club of Blacksburg, past president of Stroubles Mill Neighborhood Association, 40-year member of League of Women Voters, past president of the National Career Development Association, president of Virgila Career Development Association, past president of the Faculty of the VT College of Education and member of the VT Faculty Senate. Carl is an effective leader who has proven to be a catalyst for change. He has worked as a member of numerous volunteer organizations with a consistent goal of making the community a better place to live. Most recently he has focused on a better quality of life for senior partnerships with other organizations that have a similar objective. Carl has improved the quality of life for hundreds of people in our community.

This award was established in memory of Jim and Lenna Moore who were active and dedicated volunteers in the New River Valley.



Carl McDaniel
 and John
 Hillison

Community Service and Create the Good

Sally Anna Stapleton, Create The Good Organizer

It is time for our local chapter to think about our 2011 featured project. If you will recall last year we supported "Supplies for Seniors" through RSVP and it was a great success. This year I'd like to get more AARP members involved in the process of selection, so if anyone is involved in an organization that would benefit from a day of AARP volunteers please let me know. I'm sure there are many worthwhile projects within the New River Valley that would love our help. So, think about it and email or call me and give me your ideas.

Let us not lose sight of "Supplies for Seniors" this year. The walk-a-thon this year is October 20th, it would be super to see as many AARP members walk as we had last year. Also, the donation sites will be at all the Libraries beginning in September.

June begins the hurricane season - and a little preparation can go a long way. This year, the weather we have had to endure has been to say the least, crazy. Learn some simple steps to weather the storm - from duplicating important documents to creating supply kits. Go to the "Create The Good" website for your Hurricane Prepare information.

Our annual AARP Community Food Drive will be held on September 9-10th. This year we will be working with several community organizations; AmeriCorps Virginia, Federation of Virginia Food Banks, Ruritan and Virginia Engage. We plan on having more drop sites and a larger community involvement. As always we will be located at the Ruritan Fish Fry, with other drop sites and collection sites to be named later. Anyone that would enjoy helping with this very important project this year, please let me know. Look for further information over the next couple months.

Be sure to check out www.creatthegood.org web site for the latest volunteer opportunities. Please take time to volunteer.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.
~Margaret Mead

Statistics from the AARP Tax-Aide Program

The AARP Tax-Aide program completed another successful tax season. This year 767 federal tax returns were prepared. The program offers free tax service to taxpayers with low- and middle-income, with special attention to those ages 60 and older.

The Tax Program is located at the Senior Center at the Christiansburg Recreation Center, 1600 North Franklin Street in Christiansburg.

A few statistics from this year are:

- Ages ranged from age 16 to 102 with an average age of 59
- 51% of our clients are single households
- Average adjusted gross income is \$31,336
- A conservative estimate is that we saved clients approximately \$110,000 by providing this service.

A volunteer will spend 30-40 hours studying and working sample problems and then another 40-80 hours preparing taxes. Each counselor must pass a test before being certified to complete a tax return.

Volunteers who were with the program this year are:

Linda Akers, Pat Ballard, Dennis Catley, Charley Coale, Marilyn Davis, Mike Dumin, Betty Greene, Janet Hahn, James Hardell, Beatrice Knautz, Larry Lawrence, Richard Marchal, Brian McGuire, Linda Means, Coreen Mett, Kandra Meyers, Julian Moore, Rhoda Myers, Diane Rencoak, Robert Swain, Lewis Witescarver, and Jim Wilson.

If you are interested in volunteering, please call Pat Ballard at 382-1189. There are other positions available if you are not interested in tax preparation.

***** Quotes About Summer

A life without love is like a year without summer. ~Swedish Proverb

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.
~ James Dent

A single sunbeam is enough to drive away many shadows. ~ St. Francis of Assisi

New River Valley Agency on Aging Connecting the Community

Tina King, Executive Director

The May 17th AARP Chapter meeting provided an opportunity to share information on the New River Valley Agency on Aging. For those who were unable to attend, a brief re-cap is provided on the information that was presented.

The NRV Agency on Aging provides information, support services, resources, and advocacy at the individual and systems level to aging adults and adults with disabilities, as well as to their caregivers. Our purpose is to help individuals achieve maximum independence, maintain dignity, and strengthen social support systems within their communities. Administrative offices are located in Pulaski although services are provided throughout the 4th planning district that includes Montgomery County. Over 12 services are provided with federal, state and local funding, along with grants, fees and contributions. Four programs and services provided include Care Coordination, Health Insurance Counseling and Senior Medicare Patrol, Medical Transportation, and Elder Abuse Prevention Services.

Care Coordination (CC) services provide a comprehensive assessment of persons aged 60 and older. Care Coordinators work confidentially with clients, their family and/or caregivers to identify needs, obtain services, and provide information and support, all in an effort to maintain the client in their current living situation as independently and as safely as possible. CC can help obtain and coordinate services such as: transportation, help with bathing, help with housekeeping, home repairs, relief for caregivers, home-delivered meals, medical supplies, and assistive devices and adaptive equipment. Care Coordinators keep in close contact with clients/families/caregivers, working with them as long as needed. If needed, help is given in applying for public benefits such as Medicaid, food stamps, fuel assistance, etc. CC fees are determined on a sliding scale, after deductions are given for out of pocket health related expenses. There is no fee charged for persons whose income is at or below the poverty level.

The NRV Agency on Aging utilizes NRV Senior Services to provide non-emergency **medical transportation** to persons 60 years of age and above. Curb to curb service is provided to

individuals who have no other reliable and/or affordable means of transportation to medical and health-related appointments. If an individual needs accommodations for a wheelchair transport, this can be arranged. There is a fee for this service if an individual's income is above the poverty level after deductions for out-of-pocket health related expenses are considered. Another medical transportation service available is **Med-Ride**. It is a service that was established in 1995 to improve access to health care services for persons of all ages who do not drive, do not have access to a ride or cannot afford to pay for transportation to non-emergency medical appointments. A small fee is charged for those who can afford it. The program relies on volunteer drivers who use their own vehicles and receive a small mileage stipend. *Med-Ride is currently campaigning for new volunteers! If you want to help the NRV become a healthier place to live by increasing access to healthcare please consider it. Contact Med-Ride: 540-980-0754, or: medride@nrva.org.*

The **Virginia Insurance Counseling and Assistance Program (VICAP)** assisted over 1600 Medicare beneficiaries last year. Personalized and confidential aid is provided with Medicare Part D/Medicare Advantage plan enrollment; healthcare appeals/denials; counseling regarding Medigap (Medicare supplemental insurance) and Long Term Care Insurance; filing complaints with the plans and the Center for Medicare and Medicaid Services (CMS); as well as finding financial help for Medicare premiums, deductibles, and co-payments. In addition to providing insurance counseling and assistance, outreach is conducted to educate consumers about how to prevent and report Medicare and Medicaid fraud, errors, and abuse through the Senior Medicare Patrol. This is the only federally funded program designed to use community-based volunteers to get the "word out" in the community. *Volunteers are a crucial and essential part of this effort and are needed to make this program work. Both the VICAP and SMP programs are looking for volunteers who want to help seniors maximize their savings and minimize their confusion.* Volunteers are trained and supported in all aspects of their work. Together we can make a huge positive impact on this underserved population. Contact the VICAP/SMP coordinator: 540-980-7720 or vicap@nrva.org.

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Elder Abuse Prevention provided the following statistics: Last Year, the Virginia Department of Social Services received 17,141 reports of adult abuse throughout the Commonwealth of Virginia. A majority (63%) of the Adult Protective Services reports received alleged that abuse, neglect or exploitation occurred in the adult's own home, with 56%, or 5,658, of the substantiated reports validating self-neglect. In 2010, 70% of report subjects were adults age 60 years or older. In an effort to address elder abuse, the New River Valley Agency on Aging, staff assists older individuals, their families and caregivers, to prevent and remedy elder abuse, neglect, or exploitation. For more information on how to help prevent elder abuse, contact your the New River Valley Agency on Aging at (540) 980-7720 / Elder Abuse Prevention Specialist at ombudsman@nrva.org.

Next Driver Safety Course Scheduled for July 12 & 13

IF YOU ARE OVER 50 AND DRIVE A CAR it's now time to pre-register for the AARP Driver Safety Course being offered in mid-July at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up soon.

The course will be held on Thursday and Friday, July 12 and 13 from 1:00 to 5:00 p.m. To pre-register for the course, contact Cecil McBride at 552-4396.

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.

Are you reading Home Sweet Home?

This monthly publication, published by Larry and Anne Alexander, is for helping seniors stay in their own homes. A recent issue was "Reminiscing About My Life" and featured Virginia Deal Lawrence who is now 102 years old!

Home Sweet Home is available online at www.homesweethomenews.com

Library Update The Audio Book Collection at the Blacksburg Library

By Branch Supervisor Elizabeth Sensabaugh

The Montgomery-Floyd Regional Library (MFRL) offers something for everyone! One very popular format of interest is the book-on-CD collection. Audiobooks allow listeners to keep their hands and eyes free to do other things while being entertained by a good story. Whether you're accomplishing projects around the house, taking a walk or driving a long distance, audio books are a great way to stay entertained and active. MFRL has a large selection of audiobooks in a variety of genres. Some new recent audio book arrivals are listed below.

- ***Intervention* by Robin Cook**

Former college classmates find their lives intersecting in dramatic fashion when famed archaeologist and biblical scholar discovers a startling secret on an archaeological dig beneath Saint Peter's Cathedral.

- ***Lost Empire* by Clive Cussler**

While scuba diving in Tanzania, a group finds a relic belonging to a long-lost Confederate ship is discovered. An anomaly about the relic sets them off chasing a mystery, but unknown to them, a much more powerful force is engaged in the same chase.

- ***Pearl in a Cage* by Joy Dettman**

On a balmy midsummer's evening in 1923, a young woman, foreign, disheveled and heavily pregnant, is found unconscious just off the railway tracks in the tiny logging community of Woody Creek. When the mother doesn't survive, the infant is taken in by the residents.

- ***Eyes of the Dragon* by Stephen King**

A kingdom is in turmoil after old King Roland dies and his worthy successor, Prince Peter, is imprisoned by the evil Flagg and his pawn, young Prince Thomas. But Flagg's evil plot is not perfect, for he knows naught of Thomas' terrible secret-or Prince Peter's daring plan to escape to claim what is rightfully his.

- ***The Surrendered* by Chang-rae Lee**

At the end of the Korean War, the lives of

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orphan June Han and American soldier Hector Brennan collide. Thirty years later, they meet again and are forced to come to terms with the secrets of their devastating past.

- **Blood Safari by Deon Meyer**
Emma Le Roux is surprised to see her brother on the television news since he is supposed to be dead. Her investigation leads uncover the unexpected.
- **Buffalo Girls by Larry McMurtry**
Calamity Jane is about to ride again. When her old friend and rival Buffalo Bill Cody sweeps her into his rag-tag band of legends on a Wild West tour of Europe, Calamity Jane begins her last, bittersweet adventure: a journey of memories, fellowship, humor, and love.
- **Burning Lamp by Amanda Quick**
Two men who are founders of the Arcane Society seek to enhance their individual psychic talents. In their endeavors they create a device called the Burning Lamp which causes its holder to develop multiple talents and the curse of madness.
- **Danger in a Red Dress by Christina Dodd**
Down on her luck and desperate for work, beautiful Hannah Grey finds herself in a mansion on the wild Maine coast, caring for a lonely elderly woman. On her deathbed, she entrusts Hannah with a dangerous secret.
- **Broken Gun by Louis L'Amour**
A novelist and his old Korean war buddy investigate the murder of his buddy's two brothers and the mysterious connection to the massacre of 27 men almost 90 years before.
- **Memo to the President Elect by Madeleine Albright**
This nonfiction text presents a set of recommendations for the next U.S. president, posing such suggestions as selecting a top-rate foreign policy team, avoiding the mistakes of previous presidents, and employing strategic tools to garner international support for American objectives.

- **My Nest Isn't Empty, It Just Has More Closet Space by Lisa Scottoline**
Best-selling author Lisa Scottoline presents her second memoir. Inspired by her weekly column in the Philadelphia Inquirer, Scottoline offers an updated account of her personal life.
- **Abigail Adams by Woody Holton**
Award-winning historian Woody Holton reveals that the perennially popular 'Founding Mother' has been woefully underestimated and that, although staunchly traditional in some areas, she was surprisingly modern, particularly when it came to questions of women's rights.
- **Highest Duty by Chesley Sullenberger**
Airline pilot Captain Chesley Sullenberger presents his autobiography. In 2009, Sullenberger safely landed a crippled passenger jet on the Hudson River, garnishing overnight fame and kudos.

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“A book is the only place in which you can examine a fragile thought without breaking it, or explore an explosive idea without fear it will go off in your face. It is one of the few havens remaining where a . . . mind can get both provocation and privacy.”

~Edward P. Morgan

Blacksburg AARP Chapter # 2613 May 2011 Financial Report

Balance at end of April	\$2,323.77
Credits	
05/18 50/50 proceeds	\$ 18.00
05/18 Membership Dues	12.50
05/18 Coffee Cash	50.00
05/23 Interest	.06
TOTAL	\$ 80.56
Debits	
05/13 Beecher Carlson (liability ins.)	\$98.00
05/13 Kopy Korner (newsletter)	125.48
05/12 John Hillison (postage)	40.08
05/13 NRV Engraving (award)	45.00
TOTAL	\$308.56
Balance end of May	\$2,095.77
Balance in Reserve Account	\$2,677.39

Blacksburg AARP Chapter Membership Report June 2011*

Member Profile:

Category	Count
AARP 2012 Members	4
AARP 2011 Members	267
LifeTime Members	44
Life Members	9
Comp Members	18
Honorary Members	4
Total Membership	346

*Report prepared June 6, 2011

Newsletters for May 2011: N=226

Membership Committee:

Jim Wightman (Chair), Sue Farrar, Don Creamer, Tom Alston

Minutes

Blacksburg AARP Chapter #2613

June 7, 2011

The meeting was called to order at 10:00 a.m. in the Blacksburg Community Center by President John Hillison with the following officers, board members, committee chairs, and guests present: John Hillison, Don Creamer, Edd Sewell, Jim Montgomery, Val Coluni, Brian Allen, Carl McDaniels, Curtis Finch, Mary Ann Hinshelwood, Jo Ann Underwood, Larry Alexander, Sue Farrar, Frank Lau, Nancy Eiss, Sally Anna Stapleton, Doris Abraham, and Tom Alston.

Mary Ann Hinshelwood moved and Nancy Eiss seconded a motion to approve the minutes of the May board meeting. Motion passed. Jim Montgomery moved and Don Creamer seconded a motion to accept the Treasurer's report as presented by Brian Allen. The current balance for the chapter is \$2095.77. Motion passed.

Officer Reports:

President Hillison announced that a recent meeting had been held with the Blacksburg public library with Carl McDaniels to discuss senior issues. He also reported meeting with Todd Jackson with the NRV Current who had been instrumental in publicity for the chapter, especially regarding last year's health fair. Hillison further noted that Pam Caldwell with the state office of AARP is planning to retire soon and that Brian Jacks will replace her.

Committee Chair Reports:

Health—Larry Alexander recommended that each person keep copies of health reports from physicians/clinics.

Membership— Tom Alson reported 346 current members. A discussion followed regarding an idea from Val Coluni derived from discussion with a state office official about targeted mailings from the state office to assistant local projects.

Public Relations—Nancy Eiss suggested a thank you note to Todd Jackson.

Legislative—Val Coluni will meet soon with state officials to discuss ideas for advocacy for the state organization.

Program—Carl McDaniels reviewed suggested programs for June, September, October, and November. The chapter picnic will be held June 21.

Newsletter—Edd Sewell reported that all is going well with chapter news.

Awards—No report

Caring—Brian Allen mentioned two members who need expressions of concern from the chapter.

Driving—Curtis Finch reported on recent driving classes.

History—Doris Abraham showed the Board the notebook in which she has catalogued the recent history of the chapter.

Hospitality—Jo Ann Underwood reviewed plans for the June picnic.

Community Service/Create the Good—Sally Anna Stapleton discussed news in a recent AARP newsletter and results from cooperation with the local Ruitan Club Food Drive. She also discussed plans for expanded food drives in cooperation with Kroger planned in the future and encouraged members to volunteer in several Create the Good projects.

AARP Virginia News:

President Hillison reported on a recent meeting with AARP Virginia to discuss chapter plans for protecting social security. Ideas included a public meeting with a speaker from the state office. Hillison will appoint a committee to recommend specific action by the Blacksburg chapter.

New Business:

Brian Allen moved and Jim Montgomery seconded a motion to raise the chapter dues from the current \$12.50 to \$15.00 beginning January 1, 2012. Motion passed.

Discussion about a possible name change for the chapter reflected mixed attitudes. Further reflection was suggested before action on a name change.

The meeting adjourned at 11:50 a.m.

Don Creamer

Acting Secretary

Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer.
~Jimmy Carter

**John Hillison, 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

Name: _____

Spouse/Partner _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prefer to receive newsletters: (check one)

Mail _____ Email _____

Annual (Calendar Year) Dues: \$12.50

(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. Call 1-888-287-2277 or mail dues to AARP, 601 E Street, NW, Washington DC 20049.**