



Real Possibilities with Blacksburg VA Chapter #2613

Blacksburg Chapter NEWS

October 2017 • Vol. 34 • No. 8
www.blacksburgaarp.org

Serving the Greater New River Valley, Virginia

October 17 Chapter Meeting Aging in Place in the NRV

According to the New River Valley Livability Initiative, the population of residents ages 65+ in our region will double by 2030. The vast majority of older adults want to remain in their homes and communities as they age, yet our region currently lacks the housing and services necessary to support our aging population.

Beginning in 2013, several regional agencies came together to form the Aging in Place (AiP) Leadership Team focused on specific projects and policies that will help NRV residents remain in their homes and communities as they age.

Kim Thurlow and Jessica Wirgau of the Community Foundation of the New River Valley, one of the AiP partner agencies, will provide an overview of the team's work to date, specific projects that will have a lasting impact on our region, and lessons learned as the work continues.

This presentation will also preview an LLI special program featuring the full Aging in Place team scheduled in December.



Whitebarrel Winery

AARP-LLI Social Oct. 26

Join the AARP Blacksburg Chapter and Lifelong Learning Institute at Virginia Tech in their Second Annual Social.

This event is an opportunity for these two organizations to celebrate their partnership and their mutual successes within the past year. Funds raised will be used to benefit both organizations. One ticket entitles the purchaser to a glass of wine or standard wine tasting and an appetizer. Tickets are \$25.00 each and can be purchased online at <http://whitebarrel.com/product/aarp-blacksburg-chapter-life-long-learning-social/>. It's helpful to the organizers if you purchase your ticket in advance, but tickets will also be available at the door.

If you have already registered through LLI, please still go to the website to buy your ticket.

Bring your friends and join the fun!
AARP Blacksburg/LLI Social
White Barrel Winery
4025 Childress Road Christiansburg, VA
October 26, 4:00-7:00 pm
\$25 per person (one glass of wine paired with appetizers)

Upcoming Events

- Oct. 12, 18: Candidate Forums, Blacksburg, Christiansburg (p. 5)
- Oct. 23, 24: Safe Driving Class Christiansburg (p. 3)
- Oct 26: Social, Whitebarrel Winery
- Oct. 26, 27: Safe Driving Class Giles County (p. 3)
- Oct. 31: Nominations for Chapter Awards due (p. 2)
- Nov. 13, 14: Safe Driving Class, Christiansburg (p. 3)



Wendy Baldwin, Pat Ballard, Terry Wildman, and Don Creamer enjoy the social at Whitebarrel Winery in 2016. Photo by Peter Magolda

AARP Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. 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 am.

Meet Board Member, Lisa Moose

Lisa Moose was born in England and raised in South Carolina. When she was hired by the Project Engineering Department at Hoechst AG, her boss encouraged her to learn how to program computers. She worked in Information Technology for more than 20 years. After a great experience working for disciplined, structured, and demanding engineers, she was promoted and transferred from Upstate South Carolina to the New River Valley in 1990 by Hoechst.

She immediately fell in love with Virginia and particularly enjoys the natural beauty of the Jefferson National Forest.

She loves to take photos of the forest wildflowers and scenery and to walk the trails at Pandapas Pond with her dog, Rags (a rescue from Montgomery County Animal Control). She finds it agreeable to live in a university town that welcomes individuals from all over the world.

When she is not sharpening her cyber-security skills, learning more about cryptography, or keeping up-to-date with network routing protocols, she loves to travel. She believes that one need not travel very far past our national borders to experience and appreciate how blessed and privileged we are to live in the United States.

Some of the countries she has visited are home to astonishing UNESCO World Heritage sites. A few of her favorite sites are The House of Septimius Severus (first Roman Emperor from North Africa), Ellora Caves (India; the largest monolithic rock excavation in the world), Island of Failaka (Kuwait; reputed outpost of Alexander the Great), Fallenfluh (Swiss Alps), Etruscan Caves (near Orvieto, Italy), Arena di Verona (Roman amphitheater), The Red Fort (constructed by Mughal Emperor Shah Jahan), Valley of the Saints (Deccan Plateau, India), Victoria Butchart Gardens (Canada), Delhi Mughal Gardens (India), the Giant's Causeway (Ireland), Newgrange (a 5,200 year old passage tomb in Ireland), the Acropolis and Bronze Museum in Athens, the Aegean islands of Santorini and Delos, and the British Museum.

The most vibrant, intelligent, inspiring individual she ever met was Virginia Tech's Professor of Architecture, Milka Bliznakov. Milka left Lisa with the question: What are you going to contribute to this world?



Lisa Moose; photo by Peter Magolda



Wildflower photo by Lisa Moose

Lisa is still struggling to discover and live up to an acceptable response to Milka's question. She hopes that her answer, in part, will develop through her affiliation with Blacksburg's AARP Chapter. The chapter is a place where she can discover what she may contribute toward the promotion of dignity and purpose for older persons.

The first person she met from this chapter was Don Creamer, and she immediately knew that the chapter was a group of intelligent, uplifting, and authentic individuals.

Lisa became an active member of AARP as soon as she joined and now co-chairs the Program Committee along with Don Creamer.

Thanks for your significant contributions, Lisa!

due October 31

Award Nominations Requested

The AARP Blacksburg Chapter presents two local awards each year at the Holiday Luncheon in December. The awards committee requests nominations for these awards from members. Nominations should reflect contributions and achievements in the past year.

Chapter Service Award

- Member who is giving and making an impact on our local AARP Chapter
- Recipients past 4 years: Jerry Niles, Don Creamer & Pat Hyer, John & Sharen Hillison, Edd Sewell

Community Spirit Award

- Member who is impacting the community with the constituents who are the focus of AARP efforts
- Recipients past 4 years: Sally Anna Stapleton, Pat Ballard, Jim Wightman, Sandra Birch

Please send your nominations, including the name, which award, and the basis of the recommendation for the nomination to one of the committee members: Tamara Hodsden (bearshed@pemtel.net), Don Creamer (dgc2@vt.edu), Ben Crawford (ben.crawford@vt.edu), or Sally Anna Stapleton (sanna418@gmail.net).

AARP Safe Driver Courses to be Offered in Giles County, Christiansburg, Online

Taking the award-winning AARP Smart Driver™ course can refresh your driving skills and increase your confidence on the road. You'll also learn the newest traffic laws and proven safe driving strategies. And when you complete the course, you could qualify for a multiyear discount on your car insurance.

The courses are offered locally this fall, once in Giles County and twice in Christiansburg. Each class requires a commitment of two consecutive half days. Enrollment is limited, and registration is required.

Giles County. Senior Center, 1320 Wenonah Ave, Pearisburg

Thursday, October 26, 1–5 pm, and Friday, October 27, 12–5 pm.

Drinks and snacks will be available on Thursday; lunch is provided on Friday.

To register, call Gail Vaught at 921-3924.

Christiansburg, Recreation Center

Monday and Tuesday, October 23 and 24, 9 am–1 pm

Monday and Tuesday, November 13 and 14, 9 am–1 pm

\$15 for AARP members; \$20 for nonmembers.

To register, phone 382-2349.

Online

If you cannot take these classes in person, you can take them online.

If you sign up by October 12 during Driver Safety week, you get a 25% discount on the course with promotion code DSWW. The regular fee is \$24.95; with the discount it should be \$18.75.

Go to <https://www.aarpdriversafety.org/>

Volunteers Needed

2018 Health & Wellness Fair

The health and wellness fair that our local AARP chapter coordinates with several partners, including, VCOM, every two years offers a wonderful service in making health and wellness information readily available to the community in a vibrant atmosphere.

But organizing it requires lots of helping hands. There's a job for every type of skill, whether contacting potential vendors, arranging publicity, or providing snacks and drinks for the day of the event. Wendy Baldwin and Jennie Reilly are happy to match your skills and time available with the tasks.

You will gain some social interactions with other volunteers and the satisfaction of knowing that you are giving back.

Please contact Jennie at jenmik@vt.edu or Wendy at wendybburg@gmail.com to explore how you might be a part of this important event.

Updates on the Sojourn Center Hospice House Project for the New River Valley

Developer Roger Woody Donated 27 Acres of Blacksburg Land for Hospice House

Sojourn Center is a Virginia nonprofit corporation founded in Blacksburg in 2009 for the purpose of building a facility dedicated to end-of-life care. Sojourn Center will provide a 7-bed residential facility for terminally ill people who cannot be cared for at home. Sojourn Center is dedicated to the goal of honoring the passage of life in a dignified and meaningful way for people near the end of life, their families, and caregivers.

People would use Sojourn Center hospice inpatient facility:

- For intensive management of uncontrolled pain or other discomfort that did not respond to home hospice interventions (called GIP, General Inpatient Care by Medicare)
- When the home caregiver is temporarily not available due to surgery, illness, or injury
- When the caregiver becomes too frail, exhausted or unwilling to continue care in their home
- When the care needs are too complicated for the staff at their residential setting
- When the hospice patient is lingering in the hospital because their skilled care needs are too complex to go directly home
- When the family or patient prefers that death occur in a setting other than their home (e.g., there is an emotionally fragile household member, or the elderly spouse is exhausted, or it's a very young family with lots of commotion in the home).

Nationally, most inpatient hospice facilities are built by a hospice agency that decides their patients are in need of an inpatient facility. Our model is different. In Blacksburg a group of volunteer citizens has organized the effort. Visit Sojourn Center's new website at www.SojournCenter.org and check out our significant news about Roger Woody's donation of 27 acres of land off Farmview Drive between Warm Hearth Village and LewisGale Montgomery Hospital to Sojourn Center.

For more information call or email Anne J. Campbell, 540-951-8326, sojourncenter@gmail.com.



Food Drive Collects 700+ Pounds

On October 1, Sally Anna Stapleton and her crew of AARP volunteers collected food from patrons of South Main Kroger for local food pantries. They collected an estimated 700 pounds, valued at approximately \$1,155.

Thanks to the volunteers for making a difference in Southwest Virginia, where about 13% of people do not always know where they will find their next meal.

Thanks, too, if you were one of the donors of food.

Computer Assistance Available at the Blacksburg Community Center

On Fridays, from 2:30–4 pm, students from Virginia Tech will be available to assist people with their electronic devices and software.

You don't need an appointment, but bring your laptop, smart phone, or tablet for assistance in resolving problems that you may be having.

Worried About the Equifax Hack?

Here's What to Do

Sensitive personal information, including social security numbers and credit card numbers, of 143 million Americans was exposed during a hack of Equifax, one of three major credit reporting agencies.

You could be one of those 143 million.

The first thing to do is to find out.

Go to equifaxsecurity2017.com. By entering some information, including the last 6 digits of your social security number, you will get a quick report about whether you are vulnerable. Do this check on your own computer, not a public one, where the information you enter could be hacked. Do it for all members of your household with social security numbers.

If your data was exposed, you can get a free year of credit monitoring.

You can get free credit reports from Equifax, Experian, and Transunion at annualcreditreport.com. Read the reports carefully to identify activity you don't recognize, such as applications for new credit cards or mortgages or car loans. You might want to spread the free reports out over time to catch activity that may appear later. You can get one free report per year from each of these agencies.

You should monitor your credit card and bank account statements and also check your Social Security account at www.ssa.gov.

Other options include a credit freeze and fraud alerts through each agency, for which there may be fees.

For more advice, go to <https://www.consumer.ftc.gov/>

HD Broadcasts in Christiansburg: Opera, Ballet, Classic Movies

The Regal Cinema in Christiansburg (110 New River Road) shows HD broadcasts of Metropolitan Opera and ballet performances and Classic Movies.

Metropolitan Opera (tickets \$22 senior)

- The Met's 2017-18 *Live in HD* and Radio Program Guide is available by request: visit metopera.org/HDguide or call 1-800-Met-Opera (1-800-638-6737).
- Opera synopses and cast listings are available before each performance: metopera.org/liveinhd.

2017 Encore performance 6:30 pm the following Wednesday

| | | |
|-------|--------------------------------|----------|
| 10/7 | <i>Norma</i> | 12:55 pm |
| 10/14 | <i>Die Zauberflote</i> | 12:55 pm |
| 11/18 | <i>The Exterminating Angel</i> | 12:55 pm |

2018 Encore performance 6:30 pm the following Wednesday

| | | |
|------|-------------------------|----------|
| 1/27 | <i>Tosca</i> | 12:55 pm |
| 2/10 | <i>L'Elisir d'Amore</i> | 12:00 pm |
| 2/24 | <i>La Boheme</i> | 12:30 pm |
| 3/10 | <i>Semiramide</i> | 12:55 pm |
| 3/31 | <i>Cosi fan tutte</i> | 12:55 pm |
| 4/14 | <i>Luisa Miller</i> | 12:30 pm |
| 4/28 | <i>Cendrillon</i> | 12:55 pm |

Ballet (\$15 senior)

| | | |
|-------|-------------------------------------|----------|
| 10/22 | <i>Le Corsaire</i> , Bolshoi Ballet | 12:55 pm |
|-------|-------------------------------------|----------|

Classic Movies 2 pm, 7 pm

| | |
|-----------|--------------------------------------|
| 10/15, 18 | <i>The Princess Bride</i> |
| 11/12, 15 | <i>Casablanca</i> |
| 12/10, 13 | <i>Guess Who's Coming to Dinner?</i> |

For more information and titles, see www.fathomevents.com.

New Membership Brochure Available

Peter Magolda and Don Creamer, with the assistance (intervention?) of several people who were sure they could do a better job, have produced a new membership brochure. It reflects our current identity and activities.

You can see a digital copy at the website:

www.blacksburgaarp.org

Thanks to Peter and Don and to several editors.

Legislative Report *by Val Coluni*

Significant economic/business reports are providing important information on economic development.

1. Economic development—The need for a skilled workforce. Almost all of the recent business/economic reports recently submitted to GO VIRGINIA concluded that “The biggest barrier to economic development in our state is the gap between the skills of our workforce and the skills needed by our workforce to help us attract and get expanding and new companies to do business in Virginia.” These skills are generally referred to as “middle skills” acquired through credentials from community colleges. The many authors and others who published these nine reports come from business and from research firms with years of experience in the field. The reports cover different regional economies in nine different parts of Virginia.

2. Impact of college tuition. These reports stated further that lower taxes, more investments in the coal industry (e.g., pumping water from abandoned mines to generate power to help reduce energy costs), uranium mining, raising the minimum wage, and other such efforts will not significantly affect the skills gap problems. However, lower college costs would help. In Virginia we have the seventh highest tuition in the nation compared to a benchmark of comparable schools. Our neighbor North Carolina ranks forty-seventh.

3. Gap between business leaders and politicians? If you listen to the recommendations from many of our current candidates for office, you will probably find only a few who address the issues as described above. Those who published the above reports are not amateurs in the field. Do we have some kind of unintentional barriers between business leaders and politicians?

4. Spreading the word. This is where you come in to play a very important role in the November election. Meet or call your representatives to insure he/she is aware of these reports. Ask for one or two copies for your review and become a quasi-expert on that report. Discuss with your family and friends and then either thru a personal meeting or a town hall meeting discuss the results of your review. Make sure you are satisfied your candidates are on the “right track.”

5. Vote in November. This year only two states (New Jersey and Virginia) have an election for Governor. Let’s make sure we elect our best candidate, and let’s elect the top people for the General Assembly and elsewhere to help.

You can register to vote or update your registration (if you have moved) online at elections.virginia.gov. You can also go to the County Government Center (55 Roanoke St. Ste. 1F, Christiansburg), DMV, post offices, and libraries. **The deadline for registration for the November 7 election is Monday, October 16.**

Candidate Forums, Voter Guides

The League of Women Voters-Montgomery County and the Montgomery-Radford-Floyd Branch of the NAACP are sponsoring candidate forums for local elections. (The forum for delegates to the General Assembly took place October 5.) The public is encouraged to attend.

Blacksburg: Thursday, October 12, 7 pm,
Blacksburg Municipal Building, 300 S. Main Street

Mayor: Krishna Chachra, Leslie Hager-Smith, Edward Lawhorn
Town Council (3 seats open): Susan Anderson, Lauren Colliver, Ken Jones, Susan Mattingly

Christiansburg: Wednesday, October 18, 7 pm
Christiansburg Town Hall, 300 S. Main Street

Mayor: D. Michael Barber, Roger Woolwine
Town Council (3 seats open): Steve Huppert, Merissa Sachs, Brad Stipes, Jonathon Taylor

Voter Guides

You can see nonpartisan, comparative information on candidates for Governor, Lieutenant Governor, and Attorney General at vote411.org.

You can see nonpartisan, comparative information on local candidates for the House of Delegates, town mayors, and town councils at lwvmcva.org.

Chapter Officers 2017

President • Terry Wildman, wiley@vt.edu
Vice President • Wendy Baldwin, wendybburg@gmail.com
Secretary • Pat Hyer, hyerp@vt.edu
Treasurer • Pat Ballard, pb Ballard@vt.edu


Board of Directors

- 2017—Pat Hyer, Jerry Niles, Shirley Peterson
- 2018—Wendy Baldwin, Ryan Martin, Lisa Moose
- 2019—Tamara Hodsdon, Peter Magolda, Jim Montgomery, Wanda Smith



Blacksburg Chapter #2613
 Terry Wildman, President
 P.O. Box 10082
 Blacksburg, VA 24062

**Nonprofit
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Blacksburg Chapter  **Member Application for 2017**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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

New ___ Renewal ___ 90+ years old (free) ___

Please consider an additional donation to support our AARP chapter and its projects. \$10___ \$25___ \$50___ \$100___ Other \$___

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
 Mail the check and this form to: .

Ryan Martin • P.O. Box 10082 • Blacksburg, VA 24062