

January 21 Chapter Meeting

The Value of Friends Among the Elderly

Dr. Rosemary Blieszner, Alumni Distinguished Professor of Human Development and Associate Dean of the Graduate School at Virginia Tech will be the speaker for the first public meeting of the year on January 21. Dr. Blieszner will speak on the value of friends among the elderly, a topic of research that she has pursued for many years. The meeting will be held at the Blacksburg Community Center on Patrick Henry Drive at 11:30 a.m.



Dr. Blieszner received her Ph.D. from The Pennsylvania State University. Her research has been supported by NIH and several foundations. She has published four books as well as nearly 100 book chapters and research articles in gerontology, family studies, psychology, sociology, and personal relationships journals. She is a fellow of the American Psychological Association, the Association for Gerontology in Higher Education, the Gerontological Society of America, and the National Council on Family Relations. She currently serves as editor of *Journal of Gerontology: Psychological Sciences*. *VT website*

It's traditional to begin with a biography...

About Leslye Bloom Our 2014 Chapter President



It's been only three years since I became involved with Blacksburg AARP Chapter 2613, the *You've Earned a Say*, *WW2K* and Federal Advocacy Programs. There's

always something new and interesting, so it's "glazed look" time all over again! I like that. Clearly I will need your help and guidance, please!

I taught grad & undergraduate Art Education theory, studio, and Art Therapy courses at VA Tech, UVA, the University of Evansville (IN) and Penn State. I hold a BS, MS, and Ph.D. in Art Education from Penn State and am a Certified Art Therapist.

In 1967, to pay for grad school, I took an assistantship in Computer Assisted Instruction using an experimental IBM system, despite having no college math, logic or computer courses. So, I wandered around with a glazed look and jumbled mind for months. I continued for a decade as the CAI Lab's "tame artist", tasked with translating "Geek Speak" and "Educacionese" into meaningful images, and helping to develop courseware such as

continued on page 2

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

Upcoming Events

2014 memberships are due. (see back panel. Pass it on if you've already renewed.)

January 21 • 11:30 a.m.
chapter meeting (*this page*)

January 28 • 9-12:30
AARP Virginia Day at the General Assembly (*for details see page 3 or to sign up see <http://aarp.cvent.com/VAGADayTraveler>*)

February 3–April 15
Tax-Aide Program (*see page 6*)

February 4 • 10:00
board meeting

February 18 • 11:30
chapter meeting

AARP Blacksburg Chapter 2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 a.m. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 a.m.

President's Message

I have chosen a theme for 2014: "Life Reimagined." I like that there's not just one correct way to 'reimagine', and there's not one correct solution, either. It's good to ponder occasionally, and can produce surprisingly different insights over time. It can be a positive tool for coping with aging issues. Ask me and I'll gladly expand on the subject...

"Life Reimagined" was one of seven 2014 Education Goals introduced at the AARP Volunteers gathering in Charlottesville this past November. The others were: Retirement Planning, Family Caregiving, Healthcare Decisions, Outreach, Multicultural Outreach, and Voter Education.

About the Holiday Luncheon: It was GOOD. We had four VA AARP dignitaries attending: Bob Blancato, President, Brian Jacks, Associate Director, Karen Roberto, Executive Council Member, and Ben Crawford, Liaison. Folks seemed to agree that the hall, the food, the program and the fellowship were excellent. I have prepared a full report for the web: www.blacksburgaarp.org/holidayluncheon13summary.pdf and I'll have paper copies at our meeting on the 21st. Special thanks to John Hillison (reservations), Mardy Baker (Warm Hearth Arrangements), Bob Abraham (photos) and the "flat people" (who greeted with Jim Wightman.)

Notes

- Nola Elliott, Ben Crawford and I zipped off to Richmond to attend a Federal Advocacy meeting on the 12th and 13th of December.
- On January 3, 2014, I presented a statement for AARP at the Governor's Budget Hearing before Lacey E Putney, *Independent Delegate District 19* and Senator Charles W. Carrico, *Republican District 40* and others. Ben Crawford, Sally Anna Stapleton and Tina King were there in support. Val Coluni has prepared the details which are posted on our front page: www.blacksburgaarp.org.

I emphasized that if we do not expand Medicaid:

- Up to 400,000 very low income Virginians will remain uninsured.
- Hospitals that serve the uninsured will lose money.
- Private health insurance premiums could rise even higher because of the ongoing uncompensated care and fewer people in the insurance risk pool.
- Virginia loses over \$2 billion in federal spending each year.
- And Virginians' federal tax dollars will help people in other states."

- John Hillison and I plan to march with AARP in the inaugural parade in Richmond on January 11. We posted a web invitation in mid December.

- Ben Crawford is encouraging members to attend AARP's National Event titled Life@50+ in Boston May 8-10, 2014. There's a wealth of information at http://www.aarp.org/about-aarp/events/national_event/boston/

- Don Creamer has been a dynamo maintaining our website. Items are posted so fast I wonder if he has a paid staff. Therefore I've added links to this newsletter. Just go to our site, www.blacksburgaarp.org, open the January 2014 Newsletter and click the link. They begin with [www](http://www.blacksburgaarp.org) and are underlined.

- There are some new officers to greet: Doris Abraham (awards), Pat Ballard (treasurer), Nola Elliott (Hospitality) and Jennifer Spoon (newsletter), have agreed to share their time and talent. Cecil McBryde (Driver Ed) and Joy Herbert (Senior Center) will be participating more actively in Board meetings.

- I'd like to thank retiring officers Tom Alston, Jim Montgomery, Carl McDaniels, and Edd Sewell for their extraordinary service.

- Special Appreciation to those who continue in their duties—listed with contact information in a later section.

- Warmest wishes for a Healthy and Happy 2014. Leslye Bloom

About Leslye continued from page 1

"The Recognition and Identification of Malarial Parasites" for the US Navy, and "New Math" for PA public schools. I'm a team player.

I have specialized in digital based (**never** say "computer generated"!) art ever since. See www.leslyebloom.com.

In the course of my PhD research, I affiliated with Penn State's Gerontology center, producing training materials with long titles for Geriatrics Professionals. My 5+ years of unpaid fieldwork teaching art in PA Senior Centers, including aptly named "Snow Shoe", and at Penn State culminated in my dissertation "Toward an Understanding of Adult Art Education" – one of five finalists for the National Art Education Associations "Best Dissertation of 1969." Jim Montgomery was one of my local editors. Small world.

I occasionally still teach Photoshop for the VT YMCA's Open University, and art courses at Warm Hearth.

Board Minutes

The Community Center was closed because of cold weather so the board meeting was rescheduled to Friday, January 10. Minutes will be posted on the website as soon as they are available.

The agenda was Board of Directors Meeting January 10, 2014, 10 AM Blacksburg Recreation Center
Call to order • Approval of the agenda • Approval of December 2013 minutes • Announcements

Officer Reports

President: Leslye Bloom • Treasurer: Brian Allen • Vice President: Terry Wildman • Secretary: Virgil Cook

Old Business: • Holiday Lunch -- Bloom • Federal Advocacy -- Crawford • Holiday Brunch -- Allen

New Business: • Confidential/Public Contact Lists

Committee Reports Membership: Jim Wightman/Tom Alston • Health Fair: John Hillison • Program: Ben Crawford • Newsletter: Jennifer Spoon • Legislative: Val Coluni/Ben Crawford • Web: Don Creamer • Community Service: Sally Anna Stapleton • History: Sally Anna Stapleton • Public Relations: Terry Wildman • Awards: Doris Abraham • Hospitality: Nola Elliott • Caring: Margaret Kates • Financial: June Schmidt • Other items.

Liaison Reports AARP Virginia: Ben Crawford • VTRA: Margaret Kates

Other Upcoming events • Jan 11, Richmond - Inaugural Parade AARP – Hillison & Bloom • January 21 Public Meeting Dr. Rosemary Blieszner, Friendships – Crawford, Wildman • Lobby Day at the General Assembly in Richmond – January 28 – Coluni

Adjourn



Bring in the New Year with the Blacksburg Library

We can help you meet your resolutions for 2014! If you vowed to expand your horizons, we have a few ways to do just that. We offer free Mango Languages online for anyone endeavoring to learn a new language. Set up an account for free at the library and you'll be able to access this learning database from home or anywhere that you have internet access. Mango boasts nearly 50 languages and additionally offers English as a Second Language courses tailored for more than a dozen different languages. Just visit our website at www.mfrl.org and click the tab My eLibrary Online 24/7 to learn about Mango.

Are you struggling to keep up with new technology? If you are the recipient of a new eReader or tablet, you can Reserve a Librarian for help. Call us at 552-8246, and we'll schedule time with you to help you learn how to use your device with OverDrive, our digital catalog for ebook and audiobook material.

As cold weather moves in to stay, the winter season brings many opportunities to linger indoors, bundle up, and read a good book. At the Blacksburg Library we have many books in large print, on CD and also available digitally. With thoughts of record-breaking, low temperatures in the forecast, I've listed a few weather-related, large print titles below. Stay warm and we hope to see you soon at the Blacksburg Library!

Elizabeth Sensabaugh, Blacksburg Library Supervisor



The Storm A Novel from the Numa Files by Clive Cussler – Another Kurt Austin Adventure (book # 10) will have readers armchair-traveling to exotic places as the NUMA Team learns of a weather-altering scheme on a global scale. Batten down the hatches when you read this one!

Cold Wind by C. J. Box – Edgar Award winning Box offers another Joe Pickett thriller in the Wyoming landscape. Read on to figure out whodunit and why! You may find your teeth chattering in fear (or maybe it's the cold weather!).

Cover of Snow A Novel by Jenny Milchman – Author Milchman has been compared to Gillian Flynn, Chris Bohjalian, and Nancy Pickard with the release of this debut novel. Read this gripping tale of suspense set in the Adirondack Mountains of New York for bone-chilling entertainment.

AARP Virginia Day at the General Assembly

January 28, 2014 • 9:00 am–12:30 pm
St. Paul's Episcopal Church
815 E. Grace Street, Richmond VA 23219

Join AARP as we visit our state legislators to fight for Medicaid Expansion for Virginians.

This is a free event. Breakfast and lunch will be served.

Attendees will receive a complimentary AARP winter scarf.

Tentative Agenda

8:45 am Registration
9:00 am Welcome and Introductions
*Breakfast served
9:15 am Orientation and Team Assignments
9:45 am Teams led to General Assembly by staff and volunteer specialists
10:00 a.m. Visit with legislators
11:15 am Return to St. Paul's Episcopal Church for lunch and debrief
12:30 pm Adjourn

We encourage you to carpool with 4 to 6 members if possible (depending on car capacity). AARP Virginia will reimburse for parking at the City Parking lot on the northwest corner of 8th and E. Cary Streets in Richmond, three blocks south of the State Capitol building.

To participate, please register by January 20, 2014:

Online at <http://aarp.cvent.com/VAGADayTraveler> or call 1-877-926-8300. For more information, please contact Natalie Snider at 804-344-3045 or nsnider@aarp.org.

Volunteer Opportunities

Winter is upon us, we want to curl up in a blanket and not leave the house until April! Well we all know that is not realistic and even unhealthy. So go out and do something in your community, it will make you feel warm!

Habitat for Humanity Restore needs volunteers to serve in various operations of the store and Habitat for Humanity NRV is seeking a project assessor and volunteer coordinator to assist a home repair grant program for seniors. Montgomery Museum is in need of docents, Carilion NRV Medical Center needs volunteers, contact Julia at 731-2428, The Cattery at PetSmart is in need of volunteers to help feed, clean and play with the cats and kittens. Sally Anna Stapleton, *Community Service*

We will continue our monthly food collection in 2014. So please remember to bring your food donations to the January meeting.

Financial Statement

December 2013

Balance at end of November 2013 \$5,522.03

Credits

| | | |
|--------------|----------------------------------|-----------------|
| 12/09 | Holiday lunches (32) + Dues (18) | 814.00 |
| 12/11 | Holiday lunches (2) + Dues (1) | 49.00 |
| 12/11 | Dues | 15.00 |
| 12/23 | Interest | .13 |
| 12/30 | Dues | 15.00 |
| TOTAL | | \$893.13 |

Debits

| | | |
|--------------|------------------------------------------|-------------------|
| 12/04 | Community Foundation of NRV (Donation) | 400.00 |
| 12/04 | Town of B'bg Community Center (Donation) | 400.00 |
| 12/04 | Micah's Soup for Seniors (Donation) | 300.00 |
| 12/04 | Free Clinic of NRV (Donation) | 300.00 |
| 12/04 | To Our House (Donation) | 300.00 |
| 12/04 | Center for Gerontology (Donation) | 300.00 |
| 12/04 | NRV Agency on Aging (Donation) | 300.00 |
| 12/11 | Kopy Korner | 14.74 |
| 12/18 | Brian Allen (Breakfast supplies) | 90.92 |
| 12/20 | Warm Hearth (Holiday Luncheon) | 1,448.93 |
| TOTAL | | \$3,854.59 |

Balance end of December 2013

\$2,650.57

Balance in Reserve Account

\$2,682.50

November 2013

Balance at end of October 2013 \$4,328.63

Credits

| | | |
|--------------|--------------------------------|------------------|
| 11/22 | Interest | .11 |
| 11/25 | 50/50 drawing proceeds | 22.00 |
| 11/25 | Holiday Party (50) + Dues (21) | 1,165.00 |
| 11/25 | Dues (14) | 210.00 |
| TOTAL | | \$1397.11 |

Debits

| | | |
|--------------|----------------------------|-----------------|
| 11/13 | Juanita Wightman (Plaques) | 59.98 |
| 11/22 | Kopy Korner | 143.73 |
| TOTAL | | \$203.01 |

Balance end of November 2013

\$5,522.03

Balance in Reserve Account

\$2,682.50

Brian Allen, *Treasurer*

Membership Report

| | | |
|-------------------------|------------------------|-----------------------|
| 2013 Members | 150 individuals | 93 households |
| 2014 Members | 94 individuals | 56 households |
| Lifetime Members | 36 individuals | 22 households |
| Life Members | 15 individuals | 14 households |
| Comp Members | 19 individuals | 19 households |
| Honorary Members | 2 individuals | 1 households |
| Total Membership | 316 individuals | 205 households |

Legislative Report to the Board of Directors

Blacksburg AARP January 2014

1 Medicaid expansion is stalled. The Legislative Committee set-up to resolve the issues is divided on how the State should now proceed. One objection to the expansion continues to be "... the federal government can't be trusted to fund its share of the program in the future..." However there is now a provision in the State budget that would allow Virginia to roll back Medicaid eligibility if the Federal government retreats from its funding obligations. Governor-elect McAuliffe supports expansion. This is a big issue for nearly 400,000 uninsured Virginians, hospitals and our economy. AARP supports the expansion as does other State organizations. (Chamber of Commerce, Hospital Association.) As of January first, Virginia will lose 5 Million dollars a day for every day we do not expand.

2 State budget public hearings in Blacksburg (1-3-14) on the budget. Members from our chapter will attend this hearing and give an official statement from AARP Virginia on the proposed budget. Our members as individuals who represent themselves may also give a personal opinion. See the AARP web site for additional details.

3 State proposed bills and resolutions. As of 12-15-13 more than 140 have already been filed and more are on the way. Usually our legislators sift through more than 2500 pieces of proposed legislation during their sessions that runs from January 8 to March 8. There is a lot of work to be done.

4 State Advocacy Team completed their strategy meetings (Dec. 10-11) in preparation for their visits with Legislators. Purpose: To advocate for the State AARP Legislative Objectives and the needs of the 50 and older populations. Preliminary visits for the Advocacy Committee will take place on January 8 with the final visits on January 28 (Rally Day) as well as those days when the sessions are taking place.

5 Recent Federal Budget Deal (Ryan-Murray Agreement). Is this the beginning for great cooperation in Washington on major issues affecting us? Many Washington insiders say not as the most difficult issues on entitlements and raising the debt were left on the table (Medicare, raising the debt limit in February.)

6 U.S. Postal Service Alert!!! The price of first class stamps increases to 49 cents, effective January 26, 2014. Its important for your representatives to hear your opinions on the above issues. Contact them. Your voice collectively with other AARP members does make a difference. You can find the names and contact info on the AARP Web Site and/or at the local library. (State-Delegate Yost and Senator Edwards; Federal-Senators Kaine and Warner and Representative Griffith). Val Coluni, *Legislative Chair*

The chapter website at **www.blacksburgaarp.org** now includes 14 pages of information useful to members and prospective members. It serves as a thorough orientation guide for new members and works as a permanent archive of chapter activities. A new page, *Legislative Advocacy*, has been added to keep members aware of the vast efforts of the national and state AARP organizations. Several chapter members participate in these advocacy efforts and their efforts are represented by multiple links to documents on the new page. Val Coluni is the main contact for the state advocacy efforts and Nola Elliott for the federal action team. Further, telephone contact information is provided on the page for Delegate Yost and Senator Edwards in the Virginia General Assembly, Representative Morgan Griffith, and Senators Mark Warner and Tim Kaine. The website also invites comments from members or visitors in an effort to improve the usefulness of the site. Don Creamer, *Website Editor*

Awards Timeline: Plan ahead for your nominations!

1 Nomination for the leading lights award has been submitted by Jim Montgomery.

2 Chapter awards will be announced and nominations sought at the April general meeting.

3 Nominations will be solicited from the membership at the May general meeting.

4 Info about awards will be included in the chapter newsletter and submitted to general news media.

Doris Abraham, *Chapter Awards Committee*

New Newsletter Editor Jennifer Spoon • jspoon@radford.edu
I'm trying to step into Edd Sewell's slot—not an easy task as he did such a wonderful job for 6 years. Thank you Edd, your Service Award was well-deserved! Looking forward to working with each of you and keeping you up-to-date.

Chapter Officers & Board 2014

President • Leslye Bloom, leslye_bloom@comcast.net

Vice President • Terry Wildman, wiley@vt.edu

Secretary • Virgil Cook, vcook@vt.edu

Treasurer • Pat Ballard, pballard@vt.edu

Board Members

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

John Hillison, johnhillison@comcast.net

Mary Ann Hinshelwood, mah@mahhinshelwood.com

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

Nola Elliott, ne_elliott@peoplepc.com

Terry Wildman, wiley@vt.edu

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

Tina King, tinaking@nrvaooa.org

Sally Anna Stapleton, sanna418@gmail.com

Committee Chairs

AARP of Virginia Liaison

Ben Crawford, ben.crawford@vt.edu

AARP Driver Safety

Cecil McBride, cmcbride@vt.edu

AARP Tax Preparation

Pat Ballard, pballard@vt.edu

Caring

Margaret Kates, 552-4107

Chaplain

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Financial Planning and Audit

June Schmidt, schmidtj@vt.edu

Health Fair

John & Sharen Hillison, johnhillison@comcast.net

History

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Hospitality

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Holiday Luncheon

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Jim Wightman, wightman@vt.edu

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Public Relations

Terry Wildman, wiley@vt.edu

VT Retirees Liaison

Margaret Kates, 552-4107

Website Editor

Don Creamer, dgc2@vt.edu

The AARP Tax-Aide program will get in full swing again in 2014 starting on Feb. 3 and ending April 15. Your counselors are busy getting IRS trained and certified to prepare tax returns. The location is the Christiansburg Recreation Center (Senior Activity Room) and you will need to call and schedule an appointment. The telephone number is 382-2349. The schedule for preparing taxes is:

Mondays 1:00–4:00 pm

Tuesdays 5:30–8:30 pm

Thursdays 1:00–4:00 pm

Saturdays 9:00–noon

*If you are interested in becoming a part of this program, please contact Pat Ballard. email: pballard@vt.edu • 382-1189
1530 Cambria St. NE • Christiansburg, VA 24073*

Include Preparation for Winter Auto Emergencies in Your New Year's Resolution

This is the time of year that many of us make resolutions to be healthier, wealthier or wiser! Perhaps there is an additional resolution that we can make and easily keep through following a plan; preparing for winter vehicle emergencies. It is very likely that we could find ourselves in a vehicle emergency situation especially during the winter months. Being prepared can make all the difference between frostbite setting in or waiting comfortably in your vehicle during the emergency because you have planned ahead and have available an auto emergency kit.

While it is best to avoid travel if weather conditions are snowy, icy or extremely cold, we sometimes get caught by surprise with drastic changes in the weather and need to be prepared. In addition to a windshield scraper and brush, the Virginia Department of Transportation suggests the following items for an auto emergency kit: small snow shovel, emergency flares, small bag of rock salt, sand, or kitty litter for traction, brightly colored cloth to use as a flag, first aid kit, tool kit, flashlight and extra batteries, blanket or sleeping bag, extra clothing, high protein food such as protein bars, beef jerky, nuts or peanut butter, water container, jumper cables, tow rope, tire chains, road maps and necessary medications. There could be other items that individuals want to add to the basic list. Tina King, Executive Director New River Valley Agency on Aging

Best wishes to all for a safe, healthy, and Happy New Year!

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



Photos by Bob Abraham, Leslye Bloom and Jennifer Spoon

The Festive Holiday Luncheon at the Village Center, Warm Hearth Village saw the installation of new officers, the presentation of donations to Community Partners, and Service Awards to Sandy Birch and Edd Sewell. Brian Jacks, *Associate Director VA AARP* and Bob Blancato, *VA AARP President* joined the group for comments and kudos. December 10, 2013.

Chapter Donations to Community Partners (above lft to rt) Leslye Bloom (presenting), Karen Roberto, *VT Center for Gerontology*-\$300; Jack Leahy, *Blacksburg Community Center & CFNRV*-\$800; Dianne Krallman, *Micah's Soup for Seniors*-\$300; Janet Brennend, *NRV Agency on Aging*-\$300; Michelle Braun, *Free Clinic of NRV*-\$300; Carol Johnson, *To Our House*-\$300, Tom Alston (presenting)



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

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

AARP Blacksburg Chapter 2613 Member Application for 2014

 Name

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

 Spouse/Partner

New Renewal 90+ years old (no dues)

 Address

Make checks to AARP Blacksburg Chapter #2613

 City

And mail to
 P.O. Box 10082

 State Zip

Blacksburg, VA 24062

 Phone

 Email

**Local Chapter membership requires membership in National AARP. For more information, call 1-888-687-2277 or mail national dues to AARP • 601 E Street, NW • Washington, DC 20049.*

Prefer to receive newsletters: (check one) Mail Email