



May 2012
Vol. 29, No. 5

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

May 15 Chapter Program: Domestic Violence in Later Life

The May 15 AARP Blacksburg Chapter Program will feature Beth Pulsifer, Community Outreach Coordinator for the Women's Center of the New River Valley.

The Women's Center of the New River Valley offers services ranging from emergency housing, emotional support, legal assistance, and education for those seeking support as a result of violence and assault.

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 meeting are open to the public and guests are always invited and welcome.

This month's "Table Top Talk" will be by chapter long-time member Mary Montgomery with a display of her water color paintings. She has been studying & painting as a water colorist for many years. She had a recent show at Mill Mt Coffee & Tea in Blacksburg. Her work will be available at 11:30 am.

June 19 is Picnic Time!



June 19 is our annual chapter Picnic & White Elephant Sale.

The picnic will be at Nellies Cave Park in Blacksburg from 11:30 am to 1 pm, rain or shine. Bring a dish to share; a "White Elephant" item to auction; and money to buy some of the great items up for auction. There will be music and Model A Fords on display.

Bring a dish to share with others. Drinks, plates, and utensils will be provided.

Come and have a great time with chapter members and guests. Invite a friend—everyone is welcome!

President's Column



Your Board of Directors heard an update at its most recent meeting of the excellent work by John Hillison and Leslye Bloom who just returned from a Federal Advocacy and Training Session in Charlottesville. They rapidly are becoming experts in such matters as Social Security and Medicare

and have scheduled several **"You've Earned a Say"** sessions in our area. When you see them, congratulate them and offer your own thanks for their work.

AARP National has just brought up a website called AARP Volunteer Portal that includes useful resources about the operations of local chapters and contact information for state AARP offices. If interested, go to AARP Volunteer Portal with your Internet browser where you will be prompted to register. You will need an email address, a password, and a volunteer ID. Call 1-866-740-7719 to get your Volunteer ID.

We have a very important program planned for the next public meeting on May 15 focusing on physical, mental, and financial abuse of older citizens. See elsewhere in this newsletter for more information. Plan to attend. It will be worthwhile.

Don Creamer

AARP Legislative Report on the 2012 Virginia General Assembly

Reprinted from the AARP-Virginia website

AARP successfully worked with several coalitions to advance priorities for the 50+ population during the 2012 Virginia General Assembly session.

We were able to increase access to health care for Virginians by enhancing the scope of practice of Nurse Practitioners. They will now be able to work at off-site clinics and offer primary care services without having a physician practicing regularly at the site. An AARP Virginia advocacy team member and resident of rural Virginia testified before the House Committee. AARP members visited all 140 General Assembly offices on this issue.

We also helped remove a photo ID requirement from a bill that changes the type of identification voters need to cast official ballots. Had that provision remained in the bill, a large number of Virginia seniors could have been disenfranchised. Various advocacy team members spoke at several committee meetings and more than 100 volunteers participated in our day at the Capitol which focused on this issue.

We lost a hard fought battle to strengthen the law to prosecute financial elder abuse. The bill had great momentum after passing the House and Senate "crime" committees with support from the Governor and the Attorney General, but the bill got caught up in budget politics and failed in the end. AARP staff, advocacy team volunteers and affected members testified before various committees.

Payday and car title lenders continue to find loopholes to skirt the law and avoid regulation. Once again, we joined forces with Virginia Partnership to Encourage Responsible Lending to tighten the regulations, but our efforts failed. An advocacy team member testified before a House and a Senate committee.

The federal health care reform law allows states to establish open markets (a Health Insurance Exchange) to make health insurance available to individuals who can't get coverage through their jobs. We supported inclusion of strong consumer representation in the development and operation of this marketplace, but legislation stalled and we will continue to monitor the issue.

Some nursing home patients are discharged from a facility against their will and without proper discharge planning. We supported the Virginia Elder Rights Coalition in their effort to ensure that the state's long term care ombudsman is notified of all involuntary discharges. A bill passed assigning AARP to a work group created for the purpose of clarifying and developing guidelines for nursing homes to follow when discharging or transferring residents.

News from the Agency on Aging

Tina King, Executive Director
New River Valley Agency on Aging

Older Americans Month Never Too Old to Play!

The theme for Older Americans Month 2012- Never Too Old to Play!- puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of ways. This year recognizes the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults, many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for a fast growing percentage of participants in community service positions, faith-based organizations, online social networking, and arts and recreational groups.

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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/>

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Lifelong participation in social, creative and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or older adult report that these relationships helped shape their values, goals, and life choices; and gave them roots and a sense of identity.

The value that older adults add to our lives and our communities deserves to be recognized and appreciated all of the time. However, during Older Americans Month, we want to express special appreciation for older adults and encourage all to stay engaged, active and involved in their communities. Not only do older adults gain benefits from staying active; our communities are enriched!

To find out about services for older adults, adults with disabilities, caregivers, and volunteer opportunities, contact the New River Valley Agency on Aging at 540-980-7720 or e-mail at [nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org).

Financial Report Blacksburg AARP Chapter 2613 April 2012

Balance end of March 2012 **\$2,332.20**

Credits

Health Fair (Weigh Station)	\$ 250.00
Health Fair (English Meadows)	500.00
Health Fair (Montgomery Law)	100.00
50/50 Drawing	48.00
Memberships	45.00
Interest	.11
TOTAL	\$1,443.11

Debits

Brian Allen (Checkbook cover)	\$ 18.00
John Hillison (postage)	33.45
Kopy Korner	135.45
Beecher Carlson (liability insurance)	98.00
State Corporation (annual dues)	25.00
TOTAL	\$ 309.90

Balance at end of April 2012 **\$ 3,465.41**

Balance in reserve account **\$ 2,679.67**

Membership Report Blacksburg AARP Chapter # 2613 May 2012

Member Profile:

Category	Individual	Household
AARP 2012 Members	245	151
AARP 2011 Members	49	34
Lifetime Members	41	24
Life Members	11	10
Comp Members	18	18
<u>Honorary Members</u>	<u>3</u>	<u>2</u>
Total Membership	367	239

New Members: none

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



Services for Seniors at the Montgomery-Floyd Regional Library

By Elizabeth Sensabaugh,
Blacksburg Library Branch Supervisor

At MFRL, we daily order and receive new books, movies, games, audio books and more! We also keep a full calendar of events for your entertainment and information interests.

Please save the date for the upcoming 17th Annual New River Valley Garden Tour on Saturday, July 7! Sponsored by the Friends of Montgomery-Floyd Regional Library, this not-to-be-missed event will feature seven gardens in the Blacksburg area. Tickets will be available for purchase beginning June 1 at the Blacksburg, Christiansburg, Shawsville, Floyd, Radford, Salem, and Roanoke South Libraries for \$12.00 in advance and \$15.00 at the gardens the day of the Garden Tour.

And for your reading pleasure, several new, large type books have been recently received at the Blacksburg Library. Below are just a few new titles that are fresh from the press. Call us at 552-8246 ext. 0 or go online to www.mfml.org to reserve a copy today. Titles can be sent to any of our MFRL branches for pick-up. Also, please note, MFRL's Books by Mail Service is now available. Please contact Director Paula Alston (382-6965 ext 16) or Senior Program Assistant Ruthie Bellman (382-6965 ext 10).

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Miss Julie to the Rescue by Ann B. Ross. Southern mannered Miss Julia returns in an adventure with her acquaintance Etta Mae to solve another mystery and perhaps rescue a person or two along the way.

Guilty Wives by James Patterson. Four good friends go on vacation together only to soon find out that they're in trouble for a crime that they may or may not have committed.

Fall from Grace by Richard North Patterson. *Kirkus Reviews* raves that Patterson's newest book contains "seascapes full of red herrings, seaside cottages full of secrets" to make an entertaining whodunit. Set in Martha's Vineyard.

The Limit: Life and Death on the 1961 Grand Prix Circuit by Michael Cannell. Cannell delivers the biography of Phil Hill, a California mechanic who became the winner of the Formula One Driver's Championship Grand Prix.

Stuart Brannon's Final Shot by Stephen Bly. Bly's wife and sons contributed writings to this book because author Bly died while penning it. A labor of love for the Bly family and a well-told Western.

Health Tip from *Home Sweet Home News**

by Larry Alexander

Keep busy! The best way to keep healthy and active is to keep busy . . . doing what you enjoy and what keeps your body and emotional self in good shape. Remember that exercise for the body is important, but exercise for the brain is equally important.

*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.

Nominations for Awards

Our Blacksburg Chapter is soliciting nominations for 3 awards to be given in 2012-2013. The Chapter Service and Community Service Awards are to be presented in December

2012. The Leading Lights Awards will be presented in April 2013.

The Chapter Awards Committee is asking you to submit nominations for any or all of the awards by September 1. We have a number of deserving members in our chapter. It is not necessary for you to submit a detailed nomination. Please indicate by name only your nominee and send the nomination to Juanita Wightman at POB 697, White Marsh, VA 23183, by e-mail to wightman@vt.edu, or call (504)552-2007. Thank you in advance for your much appreciated help.

Juanita Wightman
Chair, Chapter Awards Committee

Save the Date for the Fall Health Fair – September 19

The biennial AARP-VCOM Health and Wellness Fair will be held on Wednesday, September 19 from noon to 4:00 pm. This will be the biggest health fair the chapter has hosted. There will be more than a dozen health services and over 100 exhibitors. Just as in 2010 the fair will be held at VCOM II (where our January meeting was held). Lunch can be purchased on site. Everything is **free**, except lunch. *Be sure to note the date on your calendar.*

Successful 2012 Tax Aide Program

The AARP Tax-Aide program completed another successful tax season. This year 884 federal tax returns were prepared for the current year. We also completed 12 prior year returns, 17 amended returns, and had 72 clients with just questions and answers. The program offers free tax service to taxpayers with low- and middle-income, with special attention to those ages 60 and older.

A few statistics from this year are:

The average age was 59 with a ranged from 15 to 103.

52% of our clients are single households.

Average adjusted gross income is \$30,678.

A conservative estimate is that we saved clients approximately \$135,000 by providing this service.

There were 23 people who volunteered this year, and each must spend 30-40 hours preparing to pass an exam.

Older Adult Research Registry (OAR) Now Ready

At our February meeting, Karen Roberto talked about the Center for Gerontology's Older Adult Research Registry (OAR). The registry is now in place so you can register your name (see <http://www.gerontology.vt.edu/>).

Briefly, the Older Adult Research (OAR) registry is a database managed by the Center for Gerontology to connect faculty affiliated with the Center with adults (age 50+) willing to take part in research projects. When a person enrolls in the OAR registry, they are asked to provide minimal background (e.g., age, residence, health concerns) and the ways they would be willing to participate (i.e., telephone interviews, self-report questionnaires, campus visits). When opportunities become available that match the information the person provides at registration, they will be contacted – at that time they can decide if they want to participate in that particular project. In other words, adding their name/information to the registry does not commit them to participating and of course, we will never release their contact information to anyone except Virginia Tech faculty associated with the Center.

New Website Being Developed

We have acquired a URL for our local chapter, and in the near future we will have a new Website available hosted by a different server. If you have ideas or suggestions for the new website, please talk with Edd Sewell or Leslye Bloom. Until it is up and running, we ask your patience.

Our new web address, when up will be:
www.blacksburgaarp.org

AARP Chapter 2613 Board Minutes May 1, 2012

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

Officers Present: President Don Creamer, Vice President Tom Alston, Secretary Virgil Cook

Board Members: Leslye Bloom, John Hillison, Mary Ann Hinshelwood, June Schmidt, Sally Anna Stapleton

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, Val

Coluni, R. B. “Ben” Crawford, Nancy Eiss, Curtis Finch, Carl McDaniels, Jewell Ritchey, Edd Sewell

Approval of Minutes—Virgil Cook moved that the minutes for the April 6 meeting be approved. He noted one error: The Virginia Retirees Association dinner will be held on May 24, not April 24. The corrected minutes were approved.

Treasurer's Report—Brian Allen was absent, but he distributed electronic copies of the treasurer's report to board members.

Mary Ann Hinshelwood moved that the treasurer's report be received. The motion passed.

Announcement—President Creamer reported that he has received a copy of the chapter handbook. The state office also invited him to view the volunteer portal. He will put information about the portal in the next newsletter. There are many useful topics on the portal. This is the 12th edition of the handbook. The handbook suggests that each chapter have several documents. (1) articles of incorporation. Doris will check the history archives for this document. It is possible to obtain a copy from the Secretary of the Commonwealth. (2) They also suggest standing orders, which indicates where the board and chapters meet. (3) A copy of the bylaws. There are decent suggestions for how the various committees should operate.

Membership—Tom Allston. We added one new member. The total membership is 367.

“You’ve Earned Your Say” Project—Leslye Bloom and John Hillison. We are looking forward to going out in the community. Leslye distributed a schedule of meetings. Meetings on Social Security and Medicare are scheduled in Pearisburg, Pulaski, and at Warm Hearth. John and Leslye will lead the discussion in these meetings. One question at the April 17 meeting in Blacksburg following the regular AARP chapter meeting concerned when and how much in taxes would someone with a high income pay. John then summarized what occurred at a recent AARP meeting in Charlottesville on senior issues. The first half of the conference was devoted to “You’ve Earned Your Say. The Second half of the conference focused on Federal advocacy. AARP is very careful here, for we neither endorse candidates nor contribute to candidates. We concentrate on issues. The stand on Social Security and Medicare is being developed. The concept that AARP is emphasizing is that Social

Security and Medicare remain strong both now and in the future. The issue is financial security. AARP and the League of Women Voters will sponsor a debate between senate candidates. The target date is October 8 for a statewide telecast. The ninth district is not considered competitive. The fifth district, Robert Hurt's district, will likely be competitive. We will try to get candidates' positions on Social Security and Medicare. AARP takes the position that you should not call Medicare and Social Security entitlements. They are programs that we have contributed to, not something that has been granted to us. Some legislators do not want to talk to representatives of AARP. The advice at the meeting was to go into a legislator's office wearing your AARP T-shirt and make no apologies. They do advise that you not take a photo with a candidate while wearing an AARP T-shirt.

Legislation-Val Coluni. (See the full report elsewhere in the newsletter.)

Val highlighted item 2 in his report. He said that he was flabbergasted to learn that a citizens group identified some \$50 million by eliminating the dealership-discount program. The Better Choice Commission has identified ways that the state can save money.

Town Meeting with Attorney General Cuccinelli. The following statement was quite a surprise: Our federal representatives have passed a law that prohibits utility companies from absorbing some costs resulting from the EPA rules and furthermore requires the utility companies to pass these costs on automatically to the consumer (us).

Stadium Wood. There were several Tech professors at a recent Town Council meeting who opposed the destruction of Stadium Wood. They wanted Town Council to write a letter to Virginia Tech urging them not to destroy the trees in this area. There were also owners of nurseries who were concerned about this issue. Town Council has no jurisdiction over this area because it is on the Virginia Tech campus.

Val said that he is thoroughly enjoying his work with the Blacksburg Citizens Institute. He went on to say that there are a lot of talented people who work for the Town of Blacksburg.

Publicity-Nancy Eiss. Numbers are down at chapter meetings. What can we do in the way of publicity? (1) Keep track of numbers. (2) Have Terry Wildman write articles for The Burgs. We

must give Warm Hearth information by the 20th of the month preceding the program. Can we determine correlation between the type of program and the attendance?

Programs-Carl McDaniels. No real change.

May 15 Domestic Violence in Later Life: Mary Beth Pulsifer, Women's Resource Center of NRV, will present the Program

June 19 Annual Pot Luck Picnic & White Elephant sale—Music Car Show, etc.

Leslye Bloom is putting together the picnic, including set-up crews.

Community Service-Sally Anna Stapleton. Sally is investigating a table at Steppin' Out. Steppin' Out is a good venue for advertising the health fair. We will need volunteers to staff the tables.

Health-Larry Alexander. Health tip: Don't quit. Be active.

Newsletter-Edd Sewell. We need to lock in our domain name.

Health Fair-John Hillison. Ten exhibitors have paid. We already have \$3,000. We need more publicity. He would like to have a flier at the picnic.

Driver's Ed-Curt Finch. We had a course on April 19-20. Eight people showed up. All were AARP members. No one had ever taken a course before.

Liaison-Ben Crawford. AARP has roughly 40 million members. AARP trains its advocates. We do not advocate for people; we advocate for issues, often after considerable research. Ben observed that Dan Fleming took a leave of absence from his position as a state advocate for AARP so that he could work for the election of a particular candidate. If we wish to help a candidate, then we should take leaves of absence from our AARP offices.

Adjournment—The meeting was adjourned at 11:50.

Virgil A. Cook, Secretary

**An active mind cannot exist
in an inactive body.**

General George S. Patton

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”

— Henry James

“it's a smile, it's a kiss, it's a sip of wine ... it's summertime!”

— Kenny Chesney

“Maycomb was a tired old town, even in 1932 when I first knew it. Somehow, it was hotter then. Men's stiff collars wilted by nine in the morning. Ladies bathed before noon after their three o'clock naps. And by nightfall were like soft teacakes with frosting from sweating and sweet talcum. The day was twenty-four hours long, but it seemed longer. There's no hurry, for there's nowhere to go and nothing to buy...and no money to buy it with.”

— Harper Lee, *To Kill a Mockingbird*

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, June Schmidt, schmidtj@vt.edu

Class of 2013 -- Tom Alston, tpalston@gmail.com; Jim Montgomery, jhmontgome@verizon.net; Juanita Wightman, Wightman@vt.edu

Class of 2014 – Leslye Bloom, leslye@leslyebloom.com; John Hillison, johnhillison@comcast.net; Mary Ann Hinshelwood, mah@mahinshelwood.com

2012 Committee Chairs and Members

Committee

Chair/Members

Contact

Caring	Margaret Kates	552-4107
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	Jim Montgomery	552-6735 jrmonte@verizon.net
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	Cecil McBride	
Financial Planning and Audit	June Schmidt	552-1590 schmidtj@vt.edu
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	Wendell Hensley	
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	Jewell Ritchey	sjr@vt.edu
AARP Virginia Liason	Ben Crawford	961-5733 ben.crawford.vt.edu
VTRA Liason	Margaret Kates	552-4107
Chaplin	Sandy Birch	951-3455 birch@vt.edu

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.**