



Important Chapter Meeting
May 18 at the Blacksburg
Community Center on the topic:

Navigating the New Health Care System

featuring **Bill Kalio**
AARP Virginia State Director

There will be a Brown Bag lunch starting at 11:30 am with beverages provided. The program will start at noon. This month's meeting will be held in the large meeting room at the Blacksburg Community Center on Patrick Henry Drive.

There will be a question & answer period until 1:30 pm. Handouts will be available.

All members & friends are urged to attend to receive an update on the changes in health care provisions for seniors.

Mark These Dates on Your Calendar Now for These Future Chapter Meetings

•**Tuesday May 18:** AARP Virginia State Director Bill Kalio will be discussing The 2010 Health Care Reform Legislation with implications for Seniors.

•**Tuesday June 15:** *Annual Chapter Picnic & White Elephant Sale at the Nellies Cave Park Shelter--start saving all those attic treasures!*

•**Tuesday September 21:** Chapter Health Fair at the Via Virginia College of Osteopathic Medicine.

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, Patrick Henry Drive, at 10:00 a.m.

P.O. Box 10082
Blacksburg, VA 24062
<http://civic.bev.net/aarp/>

2010 Officers, Board Members and Committee Chairs

Officers

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1st Vice President: John Hillison hillison@vt.edu
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Judy Sewell judysewell@verizon.net

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Harriett Cooper chayabrona@verizon.net
Ken Dawson kedawson@verizon.net
Joe Fontenot cajunjoe@vt.edu

Class of 2011

Don Creamer dgc2@vt.edu
John Hillison hillison@vt.edu
Sue Farrar suefarrar@verizon.net

Class of 2012

Mary Ann Hinshelwood mah@mahinshelwood.com
Harriett Damant

Committee Chairs and Appointees

AARP of Virginia: Ben Crawford ben.crawford@vt.edu
Associate Treasurer: June Schmidt schmidtj@vt.edu
Caring: Harriett Cooper chayabrona@verizon.net
Chaplain: Ken Dawson kedawson@verizon.net
Chapter Awards: Joe Fontenot cajunjoe@vt.edu
AARP Driver Safety Course: Curt Finch crfinch@vt.edu
Financial Planning: John Hillison hillison@vt.edu
Health Care: Larry Alexander aalexand@radford.edu
History: Doris Abraham dsta118e@verizon.net
Hospitality: Curtis Roane 552-2260
Legislative: Dan Fleming dbfleming@vt.edu
Membership: Jim Wightman wightman@vt.edu
News Editor: Edd Sewell eddsewell@gmail.com
Nominating: Class of 2010
Program: Carl McDaniels cmcd@vt.edu
Public Relations:
VT Retirees Association Liason: Margaret Kates

NEWS ITEMS OF INTEREST

AARP United to Repeat Performance in the Summer Solstice 5K

After last year's successful experience in the Blacksburg Summer Solstice 5K, our chapter is planning a repeat performance by AARP United. This year a listserv has been established for those who want to walk, jog, run, or any combination thereof for the Downtown Sundown 5K (3.1 miles) race on June 19th. We hope to maintain the tradition as our president, Brian Allen, will lead the group.

Last year the early registration fee was \$17 and the late fee after June 15th was \$20. The registration fee brings a bag full of coupons and other materials. My wife and I purchased t-shirts at EXPERT'S next to

Food Lion with the AARP name on it. The chapter also has some shirts that can be given out from previous activities.

Send a note to Johnhillison@comcast.net or call 552-8941 if you would like to be added to the AARP United listserv.

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Results for this year's community tax help through the YMCA & Blacksburg Recreation

•Service Hours (October thru April 2010) totaled 303 with 62 of the hours in April.

•Tax Preparations completed were 110 returns which includes 6 to be finished extensions.

•Full service help returns (detail checking of client work)

totaled 7.

•Donations of \$1,004, were distributed as follows:

\$465 to YMCA

\$465 to Rec Ctr

\$74 to aid two visually impaired persons for special computer repair and purchase of a signature check stamp.

Regards,
Frank Lau

“The best thing about giving of ourselves is that what we get is always better than what we give. The reaction is greater than the action.”

Orison Swett Marden

“Live Strong! Live Long!”

Tina King, Executive Director
New River Valley Agency on Aging

May is Older Americans Month. It is a time to give tribute to older adults and to recognize and remember their value in our society. This year's theme - “Live Strong! Live Long!” - recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of great prosperity. They have pioneered new technologies in medicine, communications, and industry while leading a cultural revolution that gained equal rights for minorities, women, and persons with disabilities. We have a deep gratitude for those who have given our society so much. Their strength and character continue to add value to our lives.

At the community level, older adults fill vital roles by making significant contributions through civic and volunteer opportunities. At a personal level, older adults fill supportive roles within their families and with each other; doing useful task, sharing their wisdom and imparting their experience.

Perhaps the 2010 Older Americans Month theme “Live Strong! Live Long!” could be viewed as a personal goal. Maintaining optimum health and independence in order to stay in one's own home and community are probably a goal for many older adults. Agency on Aging staff provides help for those who are striving to stay at home and maintain their independence. Our professional staff is available to help older adults and their caregivers find solutions. We can help with finding and accessing services, and by providing information and advocacy. Agency on Aging also provides advocacy services for adults residing in long term care facilities.

For more information, contact the New River Valley Agency on Aging by telephone at 980-7720 or by e-mail at nrvaoa@nrvaoa.org.

AARP Blacksburg member Ben Crawford recognized for work with Boy Scouts

On Thursday, April 29 Ben Crawford was honored in an Acorn to Oaks presentation for his outstanding service to the Boy Scouts of America at a recognition dinner in Roanoke.

Beginning as a Cub Scout, Ben achieved Eagle Rank in 1949 and has been involved in Scouting every since. His experience as a volunteer includes service for four councils where he has held numerous positions including Cubmaster, Scoutmaster, District Chairman, Council President and National Council Relationships Committee.

One of Ben's first jobs was as a District Scout Executive, and his last was for Virginia Tech as a Specialist in Volunteer Development and Leadership. He has served on more than 100 boards, councils or committees, including an appointment to the U.S. Small Business Administration West Virginia Advisory Board by the President and several by the Governor of West Virginia.

Ben also held numerous positions which included Director of the National 4-H Center, Director of Continuing Business Education at West Virginia University, service in two Governor's offices, and as CEO of Ruritan National.

Ben currently works with and serves as our chapter liason with AARP Virginia.

Next time you see Ben, give him a hearty congradulations, and thank him for his fine work.

What My Loved Ones Need to Know

What follows is taken from the May issue of Home Sweet Home News, published monthly by Larry and Anne Alexander. The information was written by Rosemary Jones, a long time accountant at Virginia Tech, Isabel Berney, an active member of the Funeral Consumers Alliance of the Virginia Blue Ridge, and Larry Alexander who also is chair of the Health Committee for our Blacksburg AARP chapter.

GET RECORDS ORGANIZED

Being organized with your records is a way to be organized with your life. If your spouse has their affairs well organized and they die first, it really helps you pick up the pieces. Conversely, if you are organized and die first, it will really help your spouse.

If your children see that you are well organized with your life, they may view you as capable of handling your own affairs, and back you living in your own home.

THE LETTER

Every January Rosemary Jones reviews a letter she writes to her husband and their son. The letter summarizes where she stands in her life, financially and otherwise.

Rosemary started writing her letter after several parents and relatives died, and she had to manage their affairs. Once you write your first letter, it's easier to modify subsequent versions.

Topics that should be included in your letter are:

Part 1: Individual Data

- Birth date, city and state.
- Social security number.
- Other identifying numbers.
- Both parents full names.
- Key family member phone numbers.

Part 2: Who to Contact (name, address and phone)

- Spouse, children, etc.
- Executor of will.
- Attorneys.
- Bankers.
- Brokers (stocks and bonds)
- Insurance agents.
- Accountants and financial planners.

Part 3: Financial Assets (with supporting paperwork)

- Cash.
- Checking & savings accounts.
- Credit union accounts.
- Insurance policies.
- Stocks and bonds.
- Savings bonds, CDs, etc.
- Retirement pension(s).

Part 4: Other Assets

- Home.
- Other real estate and land.
- Cars.
- RVs, boats, bikes, etc.
- Collections such as coins, art, etc.
- Jewelry and other valuables.

Part 5: Debts

- Credit card debt.
- Monthly mortgage.
- Car payments.
- Other installment payments.
- Other debts.

Part 6: What to Organize

- Tax returns.
- Cancelled checks.
- Paid bills.
- Stocks and bonds records.

- Bank/credit union records.
- CDs, bonds, notes, etc.
- Major purchase records.

Part 7: Lists and Keys

- Give a list of where items are located to spouse, children, and the executor of your will.
- Create a central location for keys, computer passwords, and instructions to get into your safe, safe deposit box, and other secured/hidden areas.

Part 8: Prepare These Five Key Documents:

(meet with your attorney to get these five documents prepared)

- **Will** -- It specifies the disposition of a person's property, usually of financial value, after one's death.
- **Power of Attorney** -- This involves giving someone else the power to conduct financial and binding transactions on your behalf.
- **Medical Power of Attorney** -- This permits someone else to make medical decisions for you if you are incapacitated.
- **Advanced Medical Directive** -- This is a living will as to how you want to be treated medically in life threatening situations. Doctors and hospitals may check this form before treatments.

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•**Living Will** -- This is a substitute for a power of attorney and a medical power of attorney.

WILLS AND FUNERALS

Dying without a will means your surviving spouse, children, or other relatives may have a difficult task sorting out your affairs. If you do not specify in writing what is to happen, others will have to guess what you wanted your funeral to be like, who is to get which possessions, and how various financial assets are to be divided. Your heirs may even fight to get various assets and feel badly that they were overlooked. Here are some guidelines to help you out.

TYPICAL FUNERAL STEPS

When someone dies at home, here are some typical steps:

- Call the person's physician.
- Get death certificate signed.
- Call the funeral home to come pick up the body.
- Relatives meet at funeral home to work out details.
- Have body cremated or embalmed.
- Place an obituary in the newspaper.
- Notify people you want to attend the funeral.
- Conduct the funeral and maybe a graveside service.
- Prepare the body for travel elsewhere if needed.
- Note -- Some of the above may be done by the funeral home.

TIPS ABOUT FUNERALS

- Talk with your spouse and children about your funeral wishes.
- Get specific about what you want for a funeral.
- Be reasonable about the price you're willing to pay.
- Reduce the role of the funeral home.
- Don't pay in advance.

This is a condensed version of the contents of the May 2010 issue of *Home Sweet Home News*.

The full edition as well as back issues are available on the web page at

www.home-sweet-home-news.com

"If money is your hope for independence you will never have it. The only real security that a [person] can have in this world is a reserve of knowledge, experience and ability." Henry Ford

**Financial Report
for AARP Chapter 2613
April 2010**

**Membership Report
April 2010**

Member Profile	
AARP 2010 Members	232
Lifetime Members	46
Life Members	8
Complimentary Members	21
Honorary Members	5
Total Membership	312
Newsletters Printed	208

Membership Committee: Jim Wightman,
Sue Farrar, Don Creamer
Report prepared May 3, 2010

Balance at end of March 2010
\$2,935.83

<u>Income</u>	
Membership dues	\$12.50
Interest (Chapter NBB Account)	0.17
<u>50/50 Drawing</u>	<u>17.00</u>
Total	\$29.67

<u>Expenses</u>	
Printing Newsletters (Kopy Korner)	\$124.95
Newsletter Postage	32.26
Caring Cards and Postage	14.86
<u>New River Engraving</u>	<u>45.00</u>
Total	\$187.55

Balance April 30, 2010
\$2,861.11

Treasurer: Judy Sewell

Leading Lights Neighbors Helping Neighbors Honors two Blacksburg AARP Members

Mary Ann Hinshelwood wins Jim and Lenna Moore Community and Citizenship Award; Carl McDaniels nominated for recognition

Mary Ann Hinshelwood was named recipient of the Jim and Lenna Moore Community and Citizenship Award at the Leading Lights Neighbors Helping Neighbors Banquet on April 8th.

She was recognized for years of outstanding service to numerous organizations in the community. Included in this list of organizations is Montgomery Floyd Regional Library Foundation, YMCA at Virginia Tech, Task Force on Domestic Abuse Among Older Adults, RSVP Blacksburg Regional Arts Association, Legal Aid Society, Sunset Cemetery, and Montgomery County Christmas Store. Mary Ann has demonstrated leadership while volunteering by serving as vice president of the Montgomery Museum and Lewis Miller Regional Art Center, President of the Montgomery Floyd Regional Library Foundation, treasurer of NRV Cares, and vice president of the Historical Society of Montgomery County. She has a 50 year record of helping others and volunteers approximately 2,000 hours per year.

In addition to almost unlimited volunteer work in the community, Mary Ann is an active member of the Blacksburg AARP Chapter. She was recently

elected to the Chapter Board of Directors.

Mary Ann Hinshelwood has demonstrated a remarkable record of volunteering and providing service to our community. She is very deserving of receiving the Jim and Lenna Moore Award.

Carl McDaniels was the Blacksburg AARP Chapter nominee for recognition at the Leading Lights Neighbors Helping Neighbors banquet on April 8th.

Carl has served as chapter president in 2005 and 2006. During his tenure as president the Blacksburg Chapter was named, from 75 Virginia chapters eligible, as the "AARP Large Chapter of the Year – 2006." He has organized Health and Wellness Fairs attended by hundreds of senior citizens, started a tradition of asking those attending chapter meetings to bring sacks of food for agencies serving deserving people in the New River Valley, and currently serves as chapter program committee chair and a member of the board.

In addition to his work with the chapter, Carl has served numerous other organizations in

our community. He has been a member of the Blacksburg Rotary Club for over 30 years and served as a board member and president. He is a 40 year member of the Blacksburg Methodist Church where he has served on numerous committees. Carl has provided support for the Montgomery Christmas Store and many other organizations. He has averaged volunteering 10-15 hours per week for over a decade and very much deserving of the nomination for Leading Lights recognition made by the chapter.

Blacksburg Public Library Events in May:

Writing Workshop on Tuesday May 18 from 6:00-7:30 p.m. This is a monthly Writing Workshop to share your writings, receive support, encouragement, and constructive criticism on your work.

Talking About Books on Monday May 24 from 11:00 a.m. to noon. Drop in to discuss the James Patterson book *Sundays at Tiffany's*. Enjoy coffee and conversation with fellow book lovers.

"Love the earth and sun and animals, Despise riches, give alms to everyone that asks, Stand up for the stupid and crazy, Devote your income and labor to others ... And your very flesh shall be a great poem."

Walt Whitman

**AARP Chapter 2613
Board of Directors
Minutes
May 4, 2010**

The meeting took place in the Festler Room at the Blacksburg Library.

Call to Order—Vice President John Hillison called the meeting to order at 10:05.

Officers Present: Vice President John Hillison, Secretary Virgil Cook

Board Members: Don Creamer, Sue Farrar, Dan Fleming, Mary Ann Hinshelwood, June Schmidt

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, Curtis Finch, Margaret Kates, Carl McDaniels, Curtis Roane, Edd Sewell

Adoption of Agenda—Don Creamer moved adoption of the agenda. The motion passed.

Approval of Minutes—Don Cramer moved that the minutes be approved. The motion passed.

Virgil Cook raised the issue of the length of the minutes. Because of regular articles in the newsletter, much of the material in the minutes is repetitious. He suggested confining minutes primarily to specific action taken by the board. The board agreed.

Treasurer's Report—Edd Sewell distributed copies of the treasurer's report. Mary Ann Hinshelwood moved that the

report be received. The motion passed.

Committee Reports

Health--Larry Alexander suggested having a physician speak to the chapter on aging. The board agreed that we should try to get such a speaker at a future meeting.

Membership--Don Creamer distributed copies of the April, membership report.

Public Relations—No report. Ben Crawford is in Richmond at the state office. He will meet with Bill Callio about the upcoming chapter meeting.

Doris Abraham noted that Ben recently received a reward in Roanoke for his work as a scout leader.

Legislation--Dan Fleming. Virginia will not set up a high-risk pool for people with pre-existing illnesses.

Programs-Carl McDaniels asked for suggestions for publicity about the April 18 meeting, which will take place in the Community Room at the Blacksburg Community Center.

Newsletter--Edd Sewell. There will be no newsletter in June, only a flyer advertising the picnic.

Driver's Ed--In April, Curt Finch taught a course with 12 students.

History--Doris Abraham encouraged members to submit material for the history. John Hillison noted that next year will be the 35th anniversary of the chapter.

Hospitality-Curt Roane asked

for help setting up and cleaning up the shelter area at Nellie's Cave Park on the day of the annual picnic.

Community Service--There will be a work day on May 28 at Warm Hearth. Volunteers will refurbish benches at the Kroontje Health Center.

The Virginia Pre-School Initiative—Sue Farrar. The initiative is targeted at four-year-olds in area schools. She and Nancy Eiss are interested in applying for a grant from the Community Foundation. Don Creamer moved that we endorse the program. The motion passed.

Announcements-(1) John Hillison suggested that the health-fair revenue go into the treasury as a cushion for next year's budget, thereby allowing us to look at charitable contributions during the year. (2) Sue Farrar announce a trip on May 14 to Wytheville for touring museums.

Adjournment—The meeting was adjourned at 11:43.

Respectfully submitted:
Virgil A. Cook, Secretary

“Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.”

Albert Einstein

Brian Allen, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062

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2010 Member Application

If you are already a member of the Blacksburg Chapter,
please pass this form on to a friend who should be a member.

Membership in the Blacksburg AARP Chapter requires membership in National AARP.

Name: _____

Spouse: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ - _____ - _____

E-Mail Address: _____

Annual Membership (based on calendar year):

_____ New membership dues: \$12.50 [Spouse/Partner Free]

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member."

Complete and attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

AARP Chapter #2613, P. O. Box 10082, Blacksburg, VA 24062

NOTE: You MUST be a member of National AARP before joining the local chapter. National dues should be paid directly to National AARP at **601 E Street N.W., Washington, DC 20049** or call **toll free at 1-888-687-2277**.