

February 16 Chapter Meeting Topic:

Health Care Fraud & Abuse

February 16 Chapter Meeting will return to the regular meeting location at the Blacksburg Community Center starting at 11:30AM with a brown bag lunch (beverage available) with the program starting at noon.

The program will focus on **Health Care Fraud & Abuse** with guest speaker Dr. Matt McMullen who most recently worked as a health care fraud abuse analyst in the Office of the Inspector General of the US Department of Health & Human Services. McMullen will speak on the current scope of the problem and what individuals can do about it.

In addition there will be a review of the scope of the Senior Medicare Patrol by Elyse Politi who heads up the effort for our area at the New River Valley Agency on Aging in Pulaski. There will be time for questions and answers after the presentation, as well as information about joining the local

Senior Medicare Patrol.

The Table Top Talk in February will be the Blacksburg Interfaith Food Pantry. Vern Simpson will be briefing the Chapter members on the current needs of the volunteer effort to service the hungry in Blacksburg. All members are urged to bring at least one or two bags of canned fruit or vegetables to help restock the shelves of the pantry. Chapter members brought 60 bags for the Blacksburg Interfaith Food Pantry in the Spring of 2009, and chapter president Brian Allen challenges everyone to bring at least TWO bags this time to meet the 2010 goal of over 100 bags from AARP Blacksburg.

Please see McMullen's article in the Oct, 2009 Chapter Newsletter (available on the website at civic.bev.net/aarp) for background information. Reprints will be available at the meeting.

<--Special thanks to Kasie Ralls of VCOM for all the photos in this issue of the newsletter.



Dr. Richard Williams, associate professor of gerontology at Via College of Osteopathic Medicine was the keynote speaker at the January 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, Patrick Henry Drive, at 10:00 a.m.

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

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Secretary: Virgil Cook vcook@vt.edu
Treasurer: Judy Sewell judysewell@verizon.net

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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

President's Corner

by President Brian Allen

WOW, what a fabulous time we had at our last meeting at VCOM: free pizza, salad and brownies with refreshments, plus a very informative program.

This was held in a lovely facility, with over 100 of our members seated at tables of eight. Then we had a tour of two facilities, including one that test-crashes vehicles using cadavers instead of dummies. I thought that was pretty cool. There is also a 'classified' government research unit in one building. Darn it, they wouldn't let us see that!

A great big thank you to Carl McDaniel for arranging this meeting. He had been working on it for about two years, so if

you see Carl, give him a 'gentle' pat on the back.

This month's meeting is a must see also – it is something we can all get involved with – preventing Medicare fraud and abuse. The more we can help with that, the longer Medicare will be there for us.

In 2008 there was \$15 billion in fraud, last year that was up to \$47 billion. That's a lot of doctor visits folks.

We are also going to talk about setting up a Senior Medicare Patrol – that sounds exciting.

Please come, bring a friend or two plus some groceries for the Food Pantry. See you there (weather permitting).

Brian

HEALTH FAIR AT WARM HEARTH VILLAGE FEBRUARY 19

All AARP Chapter members are invited to attend a Health & Wellness Fair on Friday February 19 from 10:00 a.m. to 3:00 p.m. at the Kroontje Health Care Center in the Warm Hearth Village.

The theme is Pathways to Wellness. There will be exhibits, health screenings, and opportunities for attendee to take part in exercise classes throughout the day. There will be complimentary manicures and pedicures, cooking demonstration, and much more.

AARP Blacksburg will have a booth, so drop by for a visit with Membership Chairman Jim Wightman.

AARP Advocacy Team Works to Protect Older Virginians

“We hope to work with state legislators to find solutions to balance the Virginia state budget while protecting the needs of our most vulnerable citizens,” said AARP Virginia State Director Bill Kallio.

AARP will focus on protecting Virginians’ economic security, maintaining long-term care services and assuring consumers are protected in utility matters. Economic security, health and supportive services and livable communities are the three broad issues that AARP Virginia’s team of advocacy volunteers is tackling during the 2010 session.

Economic Security - AARP will work to strengthen protections against financial elder abuse by requiring financial institutions to report suspected abuse. Currently, financial institutions are not required to report suspected financial exploitation the same way health care providers are required to report suspected physical abuse.

Stopping predatory lending practices is also a priority for AARP in Virginia. Our team will work to pass legislation to cap the interest rates on car title loans at 36 percent per year.

Health and Supportive Services - AARP wants to make sure that older Virginians have access to health care and will support policies to increase the number of nurse educators to address the nursing shortage in Virginia.

Additionally, AARP will work

to maintain access to health and long-term care services provided to our most vulnerable Virginians through the Medicaid program.

Livable Communities - The AARP Virginia advocacy team will work to establish a statewide coordination system to improve mobility options for transportation-disadvantaged citizens across Virginia.

AARP will also make sure that consumer interests are fairly represented in residential utility rate setting and expansion of utility services such as Smart Meters. Smart Meters are devices that will measure consumers’ energy usage by time of day. AARP wants to make sure that consumer privacy is protected and that the project will not increase utility costs.

By Dan Fleming

AARP TAX AIDE NOW AVAILABLE IN CHRISTIANSBURG

The 2010 AARP Tax-Aide program has been in full swing since Feb 1, 2010. The volunteer program offers free tax service to taxpayers with low and middle income with special attention to those over 60.

The AARP Tax program is located at the Christiansburg Recreation Center at 1600 North Franklin Street in Christiansburg. Hours of operation are Mondays 9:00 a.m. to noon, Tuesdays from 5:30 p.m. to 8:30 p.m., Thursdays from 1:00 p.m. to 4:00 p.m., and Saturdays from 9:00 a.m. to noon. To make

an appointment, call 382-2349. The service is open from February 1 to April 15 for e-filing both federal and state tax returns.

There are 22 volunteers who run the program. A qualified volunteer must spend 30-40 hours studying and working through sample problems and then another 40-80 hours preparing taxes. Each preparer must pass a test before being certified to complete a tax return.

New for 2010 are the home buyer credit, energy credits, and sales tax credits on the purchase of a new car. Those needing help with their taxes should call 382-2349 for further information or an appointment. Chapter member Pat Ballard heads up the program again this year.

AARP Foundation Women’s Scholarship Program

The AARP Foundation’s Women’s Scholarship Program provides scholarship funds to women 40+ seeking new job skills, training, and educational opportunities to support themselves and their families. The AARP Foundation Women’s Scholarship Program is available to eligible individuals with moderate to lower incomes and limited financial resources. If you know someone who might be interested, more information may be found by going to <http://aarpfoundationwlc.org/>

AARP Driver Safety Course Offered in the Spring

It's not too early to sign up for one of the driver safety courses being offered this spring at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so register soon.

The March course will be held on Tuesday and Wednesday, March 2 and 3, from 1:00 to 5:00 p.m. To pre-register for this course, call Cecil McBride at 552-4396.

The April course will be held on Thursday and Friday, April 22 and 23, from 1:00 to 5:00 p.m. To pre-register for this course, call Curt Finch at 552-8179.

Course fee is \$12.00 for AARP members and \$14.00 for non-members, payable by cash or check to "AARP" on the first day of the course.

Sponsored by the Blacksburg Community Center and the AARP Blacksburg Chapter, this 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any tests. Course attendees may qualify for multiyear discounts to their auto insurance premiums.



Membership Report

February 2010

Report prepared February 1, 2010

Member Profile

AARP 2010 Members	171
AARP 2009 Members	104
Lifetime Members	45
Life Members	7
Complimentary Members	17
Honorary Members	5
Total Membership	349
Newsletters Printed	230

New Members

Ernie & Jean Hansberry

Membership Committee: Jim Wightman,
Sue Farrar, Don Creamer

Proposed Budget for AARP Chapter 2613 Fiscal Year 2010

Income

Dues (200 singles/couples @ \$12.50)	\$2,500
Interest (Chapter NBB Account)	5
Holiday Luncheon	1,100
Auction at Picnic	200
50/50 Drawing	100
Total	\$3,905

Expenses

Printing (9) Newsletters and Copying	\$1,150
Postage (9) Newsletters	315
Bulk Mailing Permit	180
Holiday Luncheon	1,100
Liability Insurance	100
Virginia Corporation Commission	25
Annual Award Plaques	100
*Administrative Costs	190
P. O. Box Rental	45
**Miscellaneous	200
Community Band (Luncheon)	100
<u>Community Organization Donations</u>	<u>400</u>
Total	\$3,905

*Administrative - Costs incurred by Officers and Chairs representing Chapter. Examples include President, Membership Chair, Program Chair, Caring Chair cards, and postage.

**Miscellaneous - Costs incurred relating to AARP Chapter Day of Service, Health Fair, and special meeting programs. Examples include website and tickets for 50/50 drawing. Health Fair could result in \$1,000 income, depending on arrangements.

Do you need to contact AARP?

Do you have questions or need to renew your national membership?

To contact the national office of AARP, the address and phone number are:

AARP
601 E Street N.W.
Washington, DC 20049

By Phone
Toll-Free Nationwide: 1-888-OUR-AARP
or (1-888-687-2277)

Appalachian Music Masters Concert & Forum

Presented by: Montgomery-Floyd Regional Library Foundation

Floyd Friends of the Library

Montgomery Friends of the Library

One of the distinct aspects of Appalachian culture, admired and studied worldwide is its music, and our region is blessed with many acknowledged masters of the music. On Saturday, March 20, Appalachian music lovers can hear 13 of these masters in concert at 7:30 pm at Christiansburg High School. The Concert evolved from a recent recording of the legendary 5-Time World Champion Fiddler, Buddy Pendleton from Patrick County. Mr. Pendleton will be joined on stage by the 12 master musicians who helped make the recording entitled "Buddy Pendleton & Friends – Gems From A Master Fiddler".

In addition to the concert, the Library will host a Forum with the musicians from 4:30 to 6:00 pm led by Kinney Rorrer, host of the popular "Back to the Blue Ridge" radio program on WWTF.

The Forum will explore the connection these master musicians have with the larger Appalachian community, examine how those connections have shaped the lives of the musicians; and in return, understand how the musicians have helped shape Appalachian culture and identity. Admission to the Forum is free.

The Concert & Forum will feature many well known artists who are appearing together for the first time. They include Olen Gardner, Jack Hinshelwood, John Hollandsworth, Doug Jernigan, Larry Kirkland, Tim Sauls, Sammy Shelor, Herschel Sizemore, George Smith, Jeanette Williams, Johnny Williams, and Tyler Williams. These talented and respected musicians are all masters of their respective styles and instruments and their contributions to the Bluegrass and Old-Time music

of the Appalachians can hardly be overstated.

The Appalachian Music Masters Concert & Forum is being presented by the Montgomery-Floyd Regional Library Foundation, the Floyd Friends of the Library, and the Montgomery Friends of the Library who will share the proceeds from the Concert.. Tickets for the Concert are \$18 in advance (through March 13) at any Library branch (Blacksburg, Christiansburg, Floyd or Shawsville) and \$20 after March 13 and at the door. Admission to the Forum is free. For more information contact Linda Spivey at 540 382-6965, ext. 21 or visit the Library's website at www.montgomery-floyd.lib.va.us. Don't miss this truly unique and significant event in Appalachian music!!



AARP members enjoy the pizza and salad.



AARP members who died in 2009 remembered.

AARP Chapter #2613
Board of Directors Minutes
February 3, 2010

Call to order—President Brian Allen called the meeting to order at 9.30.

Officers present—President Brian Allen, VP John Hillison

Board Members present—Ken Dawson, Don Creamer and Harriett Damant

Non-Board Member Committee Chairs present—Doris Abraham, Larry Alexander, Dan Fleming, Margaret Kates, Jim Wightman, Curt Finch, Carl McDaniels and Ben Crawford.

Approval of minutes—The minutes of the January 5 meeting were approved as published.

Treasurer's report—Brian Allen presented the report which showed a beginning balance of \$2,536.27 with membership deposits of \$600.00 for the month plus .14 cents in interest. The expenses for annual postage permit and newsletter expense were \$345.42, leaving a balance of \$2,790.99.

Committee Reports

Audit- (members Dale Oliver, Judy Sewell and John Hillison) John Hillison told the board that everything was in order and that Brian Allen was to be commended for his good record keeping.

Budget-presented by John Hillison as promised at the January meeting. It was mentioned that we barely cover our expenses by just charging \$12.50 membership, and a problem is created when dues are not paid. We do anticipate additional income from vendors at our upcoming health fair in September. This

should give us enough money to donate to several charities this year. Budget was unanimously approved by the board.

Driver Safety-Curt Finch announced upcoming courses are scheduled for March 2 and 3, and April 22 and 23, 2010. It was mentioned that in 2009 our courses helped over 70 participants. Well done Curt and Cecil.

Legislative-Dan Fleming mentioned three AARP priorities: economic security, health and supportive services and livable communities.

Dan also mentioned several items being discussed: Bi-partisan redistricting, allow no-excuse in-person absentee voting, make it illegal to require a person to buy health insurance, require Amazon.com and others to collect Va sales tax, close gun-show loophole and allow motorists to travel at 70 mph on certain rural highways.

Health Care-Larry Alexander gave out his latest 'Home Sweet Home News' which has some very interesting tips for us older folks on how to get started using computers. Many of us have been fighting that urge; now we can get some free advice. Get a copy from Larry, or at the next meeting.

Membership-Jim Wightman and Don Creamer presented the report showing a total membership of 349 with two new members Ernie and Jean Hansberry. It was pointed out that there are still 67 member households that have not paid their dues for 2010. Please do so right away.

Programs-Carl McDaniels

presented a tentative list of upcoming events, the next one being about Fraud and Abuse/Senior Medicare patrol on February 16. We will also be hearing from Julie Wheeler, President of our area Better Business Bureau regarding Consumer protection. That is scheduled for March 16, 2010.

Carl mentioned an upcoming program at Warm Hearth Village on February 19th from 10 to 3pm. that you may want to check out.

Mention was made about assisting with 'Micah's backpack', a program to help elementary schoolchildren take meals home for the weekend, rather than possibly going hungry.

It was also mentioned that Montgomery County Library system has 500 books available in large print.

Tax aid last year helped over 700 people. It is available free at Christiansburg Rec Center. Pat Ballard runs that.

There will be an additional RED sheet inserted in your newsletter if you have not paid dues for 2010.

New Business-a suggestion was made that we form a 'Social outreach Committee' to better help the community at large. Brian Allen volunteered to be chair.

Minutes respectfully submitted by 'temporary secretary'

Brian Allen.

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

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Membership Renewal for 2010 or New 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]

_____ Renewal 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**.