

February 18 Chapter Meeting

All About VT Adult Day Services

Alison Galway, Director (retired), VT Adult Day Services

Adult Day Services (ADS) is a nonprofit organization and provides educational research for students in the Human Development program at Tech and those interested in gerontology. Located in Wallace Hall, ADS provides care to the elderly and has many services and amenities including personalized care plans, lunches, and snacks, health monitoring and administration of medication, crafts, activities, as well as a support group for caregivers and family members.



Dr. Alison Galway earned her Ph.D. in 1998 at Virginia Tech and her B.A. in sociology from Douglass College of Rutgers University.

She has been director at VT ADS since 2000. Her extensive experience includes work as Clinical Supervisor of Commonwealth Catholic Charities, and with federal government contractor companies, medical office management and billing systems, Social Security Disability Determination in North Carolina, and Family and Child Social Services New Jersey. *VT website*

President's Message from Leslye Bloom



Weather policy: The January board meeting had to be postponed twice, and the general meeting canceled. It snowed as we were returning from lobby day. So the board adopted this policy at our February meeting:

If Montgomery County Schools are closed, a Board Meeting (2nd Tuesday) will be postponed until the following week, and a General meeting (3rd Tuesday) will be canceled. Delayed openings will not apply as our meetings are later in the day than the start of school.

New Home for Board Minutes: To save space and reduce duplications, we will place board minutes online instead of in the paper newsletter (which uses over 60% of our income.) Let me know what you think. The draft minutes of February's board meeting can be found at www.blacksburgaarp.org/minutes0214.pdf

Those without a computer or the ability to visit the Montgomery-Floyd Library to use one can pick up a printed copy at our February 18 meeting.

New Board Member: Cecil McBride! Mary Anne Hinshelwood is going to be moving to Abingdon and leaving our board after years of excellent service. **Mary Anne was named Citizen of the Year** earlier in January **by the Rotary Club of Blacksburg.**

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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.)

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

**February 4 • 10:00
board meeting**

**February 18 • 11:30
chapter meeting**

**February 27 • 9:00
Free Health & Wellness Fair**
presented by Radford University see page 5

**March 11 & 12 • 1:00
Smart Driver Course** *see page 4*

**March 4 • 10:00
board meeting**

**March 18 • 11:30
chapter meeting on the
Affordable Care Act (Obama
care)**

For more info on upcoming program topics please see page 2

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 continued from page 1

Thank you Mary Anne for all your service to AARP and participation on the board! Welcome to Cecil McBride who will be joining the board and continuing to coordinate AARP Driver safety courses.

Lobby Day: John Hillison and I went to lobby day on January 28th, and like last year, it was fascinating. For those of you who have never participated, I recommend it highly.

I must stress that AARP is non-partisan. We do not support candidates or parties. We do address Issues like Medicaid Expansion, our topic for Lobby Day. It would save Virginia billions. You can view my report with facts and photos on our website and on page 4.

Overall, the likelihood of passage seems a bit better this year. The courtesy and good humor of representatives and their staffs, facing a public who all wanted something (NOW!) from them was impressive.

Rescheduling: Ben Crawford has rescheduled our program by Dr. Rosemary Blieszner, on **The Value of Friends Among the Elderly** to the chapter meeting on April 15.

You can read our other excellent 2014 program offerings in the next column. Don't forget to mark your calendars.

Wishing you and your Valentines a warm February,
Leslye Bloom

Do You Have Something for the AARP History Archive?

We've photographed and scanned many historical documents (including our original charter below) and we are storing the originals and posting copies on the website.



Schedule of Public Chapter Programs for 2014

This is the planned schedule so you can mark the events and dates on your calendar. Please check the website in case of last minute changes. Unless otherwise noted, programs are the third Tuesday, at noon in the Blacksburg Community Center. Bring a brown bag lunch to enjoy with friends at 11:30.

February 18 Memorial Service led by Sandy Birch
All About the VT Adult Day Services Center, Alison Galway, Director (Retired), VT Adult Day Services

March 18 Affordable Care Act (Obama care) a special public meeting on the new health care act.

April 15 The Value of Friends Among the Elderly, Rosemary Blieszner, Associate Director, VT Center for Gerontology

May 8-10 A Trip to Consider: The AARP Big Event in Boston
Speakers include Laura Bush with daughter Barbara, Whoopi Goldberg, Jay Leno, Linda Ronstadt, and many more with hundreds of interesting exhibits. See http://www.aarp.org/about-aarp/events/national_event/boston/ for complete program information and registration.

May 20 The VA College of Osteopath Medicine hosts AARP chapter meeting at VCOM Speaker Dr. Ronna New of Abingdon. *Arranged by Diane Sutphin, VCOM Director of Alumni Relations & Development*

June 17 Picnic and White Elephant Auction

No programs July and August

September 17 Wednesday HEALTH FAIR at VCOM 2

October 21 Candidates for state & national office are invited to speak.

November 18 What To Do When Death Occurs and Before
Funeral Alliance of the Blue Ridge presentation

December 9 Holiday Luncheon

Committee: Ben Crawford, Alison Galway, Jewell Ritchey, Sally Anna Stapleton.

Looking for the minutes from the February board meeting?

You can find the draft minutes at www.blacksburgaarp.org/minutes0214.pdf

Those without computers can pick up a printed copy at our February 18 meeting, or visit the Montgomery-Floyd Regional Library and the staff will help you use one of the computers to read all the latest AARP news on the website.

Legislative Report to the Board of Directors

Blacksburg AARP February 2014

1 Lobby Day (Tuesday, January 28) Over 100 AARP volunteers and staff visited members of the General Assembly to ask their support of the Medicaid Expansion Proposal which is the primary legislative objective of State AARP this legislative session. L. Bloom and J Hillison represented the Blacksburg Chapter.

2 Legislative Visitation. The AARP State Advocacy Team attended several committee hearings and provided verbal support to proposals or raised disapproval of some proposals. Some of the proposals being supported were:

- a. Public Guardianship Program.** This is a program of last resort for incapacitated adults who need significant help but do not have a suitable family member or friend to serve them. Additional funding is required. Still active.
- b. Lifespan Respite Voucher Program.** For family caregivers who are uncompensated and caring for individuals of all ages with special needs. Funding is needed as the previous program ended June 30, 2013. Still active.
- c. Long term care insurance.** Provided greater protection to the consumer before policies were terminated. Was defeated in sub-committee. Some proposals not supported:
 - a. Utility issue.** Would limit the authority of a State Agency (SCC)) in a way which could negatively impact our members and many older Virginians. Still active.

3 Medicaid Expansion. Will continue to be a contentious issue as many House Republic ans do not favor it and may soon announce an alternative plan. Our newly elected Governor is actively in support of the current proposal. It is difficult to predict who will win the “battle.” Still active.

4 Mature Driver Legislation. Would lower the age at which drivers are required to appear before DMV for license renewal from 80 to 75 or older and require that licenses issued to persons age 75 or older be valid for no more than 5 years. AARP is concerned about any legislation which links driver’s ability to age. Still active.

5 Stalking Bill. Include “Technology Stalking” in the definition of stalking. AARP supports this. Still active.

6 Public Utilities. Seeks to limit the power of a state agency (SCC) to regulate agencies as now done. AARP not in favor. Still active. Val Coluni, *Chair Legislative Committee*

Financial Statement

January 2014

Balance end of December 2013 (corrected) \$2,560.57

Credits

| | |
|-----------------|-----------------|
| Jan 14 Interest | .07 |
| Jan 14 Dues | 255.00 |
| Jan 14 Dues | 15.00 |
| TOTAL | \$270.07 |

Debits

| | |
|-----------------------|-----------------|
| Jan 14 USPS (postage) | 340.00 |
| Jan 14 USPS (permit) | 200.00 |
| Jan 14 Kopy Korner | 125.31 |
| TOTAL | \$665.31 |

Balance end of January 2014 \$2,165.33

Balance in Reserve Account \$2,682.59

Pat Ballard *Treasurer*

AARP Virginia Day at the General Assembly



Joe Scott, Leslye Bloom, John Hillison, Delegate David Yancey, Peggy Friedenberg, Winfred Brown

Braving the cold and snow for a visit to Richmond, our members discussed expanding Medicaid with delegates including Yancey and Rasoul

Expanding Medicaid is good for Virginia because it will:

- Help 400,000 low-income Virginians get Health Care
- Help 62,000 Virginians, ages 50 to 64, who have lost their jobs or are struggling in jobs without health care
- Give people without insurance preventative care which will save lives and money.
- Over the next 10 years, give Virginia \$20 billion dollars in federal funding that will boost our economy.

Delegates Yancey and Rasoul were very receptive. Delegate Rasoul shared (and copied for our distribution) new (Jan 22) VA Department of Medical Assistance Services figures showing costs would be reduced to 10% - a 90% saving. He (Rasoul) also suggested additional information for us to share!

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@nrvaoo.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

Sandy Birch, birch@vt.edu

Chapter Awards

Doris Abraham, dstal18e@verizon.net

Community Service

Sally Anna Stapleton, sanna418@gmail.com

Financial Planning and Audit

June Schmidt, schmidtj@vt.edu

Health Fair

John & Sharen Hillison, johnhillison@comcast.net

History

Sally Anna Stapleton, sanna418@gmail.com

Hospitality

Nola Elliott, ne_elliott@peoplepc.com

Holiday Luncheon

Nola Elliott, ne_elliott@peoplepc.com

Eileen Hallenbeck, charleshallenbeck@yahoo.com

Legislative

Val Coluni, vcoluni@aol.com

Membership

Tom Alston, tpalston@gmail.com

Jim Wightman, wightman@vt.edu

Newsletter

Jennifer Spoon, jspon@radford.edu

Program

Ben Crawford, ben.crawford@vt.edu

Alison Galway, agalway@vt.edu

Jewell Ritchey, sjr@vt.edu

Public Relations

Terry Wildman, wiley@vt.edu

VT Retirees Liaison

Margaret Kates, 552-4107

Website Editor

Don Creamer, dgc2@vt.edu

AARP Smart Driver Course

The purpose of the safety course is to boost safety awareness, refresh and improve driving skills, minimize crash risks, increase confidence, prolong mobility and maintain independence. The course will be taught at the Senior Center March 11th and 12th 1:00 –5:00 PM each day. Cost is \$15.00 for AARP members and \$20.00 for non-members. Those completing the course will receive certificates to present to their Auto Insurance Agent for lowering their liability insurance 5%.

Cecil McBride will be teaching the course and you may register by calling him at 540-552-4396.

Cecil McBride cmcbride@vt.edu

The AARP Tax-Aide program

Began 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

Membership Report Feb. 2014

| | | |
|------------------|-----------------|---------------|
| 2013 Members | 121 individuals | 76 households |
| 2014 Members | 119 individuals | 73 households |
| Lifetime Members | 35 individuals | 22 households |
| Life Members | 13 individuals | 12 households |
| Comp Members | 19 individuals | 19 households |
| Honorary Members | 2 individuals | 1 households |

Total Membership 309 individuals 203 households





Tom Alston and Jim Wightman *Membership*

February is Heart Month

Valentine hearts and healthy hearts . . . Both are to be treasured. Valentine's Day is fun day to celebrate. However, celebrating and working on having and maintaining a healthy heart can last all year.

By taking the Million Hearts Challenge, you could be one in a million this Heart Month and every month. The Challenge starts with taking the Million Hearts pledge found on the HHS website and taking steps toward prevention as listed below.

Heart disease is the leading cause of death for both men and women. The good news, according to the Center for Disease Control is that it is preventable and controllable. Taking one step at a time to better heart health can make a difference and keep you from becoming overwhelmed. Also, it is more fun to take steps toward prevention with family and friends joining you. The CDC provides the following steps to take for better heart health:

-  Be physically active for at least 30 minutes on most days of the week.
-  Know your ABCS: **A**-Ask your doctor if you should take an Aspirin every day. **B**-Find out if you have high Blood Pressure or **C**holesterol, and if you do, get effective treatment. If you **S**moke, get help to quit.
-  Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
-  Take control of your heart health by following your doctor's prescription instructions and ask questions if you don't understand something.

To help in your steps toward prevention, plan to attend the **Health and Wellness Fair** presented by the Radford University's Waldron College of Health and Human Services on Thursday, February 27, 2014 from 9:00 a.m. until 12:00 p.m. at the Christiansburg Recreation Center Gymnasium. This free event will provide health screenings and information on prevention, medication management, fall prevention, etc. Representatives from the offices of Senators Kaine and Warner and Congressman Morgan Griffith will be on site to talk with attendees.

For more information on NRV Agency on Aging services and other information related to healthy aging and long term care, call 980-7720 or e-mail at [nrvaooa@nrvaooa.org](mailto:nrvaoa@nrvaooa.org). Tina King, *Executive Director New River Valley Agency on Aging*

The chapter website at www.blacksburgaarp.org

The Home page of the chapter website has always served as a place for current announcements. As more members use the site, it has become a bulletin board. All members should take advantage of this function by notifying the Web Editor, Don Creamer of their news via email at dgc2@vt.edu.

Beginning in February, minutes of the Board of Directors meetings will be posted on the Home page of the chapter website at www.blacksburgaarp.org. The newsletter will carry a notice of how to access the minutes and/or a link to this site.

All members are encouraged to use the website to post their notices and to keep current on chapter activities.
Don Creamer, Website Editor



Celebrate National Chili Day at the Blacksburg Library

The Blacksburg Library would like to give you a few good reasons to brave the elements and come out to visit us! We think we have a many enticing programs, collections and activities, but our biggest incentive to draw you out in the cold this month is chili. Yes, chili!

National Chili Day is recognized annually and it's the perfect day to celebrate your appreciation for a great bowl of red!

On Thursday, February 27 from 12:00 to 2:00 p.m. (or as long as the supplies last), we're hosting a Chili Crawl! Sample this historical spicy stew and learn about the local restaurants participating in this festive, community-building event! We'll have specialty chili creations from these participating restaurants: Blacksburg Taphouse, Café de Bangkok, Gillie's, PK's, Pita Vera, Souvlaki, The Cellar, and the London Underground Pub.

These restaurants will have tables in the community room and will provide you with a sample of chili in the flavor of their restaurant. Chili will be labeled mild, medium and hot and ingredients will be posted. So follow your nose – it will lead you straight to us and to your favorite local restaurants, all under one roof!

If you can't make the date, you'll know where to find us for a wide variety of cookbooks and more. You can find that special recipe and make your own chili, just the way you like it! *Elizabeth Sensabaugh, Branch Supervisor*



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

Check the date on the label above, 2013 means it's time to renew!

 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