

February 17 Chapter Meeting Emphasis on Healthy Eating For Seniors

The Noon Tuesday February 17, 2009 AARP Blacksburg monthly meeting will focus on: "Practical Healthy Eating Tips for Seniors." The presenter will be Dr Kathy Hosig, Associate Professor in the Via Virginia College of Osteopathic Medicine. Her PhD is from Purdue University and she has held teaching positions at the University of Arkansas, Western Carolina University and Virginia Tech before accepting her current position in the Clinical Division of Preventive Medicine and Public Health at VCOM. As usual, there will be handouts and ample time for questions & answers from the audience.

The brief "Table Top Talk" will be by Phil Pappas representing the Montgomery County Emergency Assistance Program (MCEAP). For more information about MCEAP, see the article on page 3.

All Chapter members are urged to bring a non-perishable food item, such as, canned fruit, soup, or vegetables for use at MCEAP in Christiansburg.

The meeting will start with a brown bag lunch at 11:30AM (coffee provided by AARP) in the Blacksburg Community Center on Patrick Henry Drive.

AARP Tax-Aide Available

The AARP Tax-Aide Site began operation on February 2 and will continue through April 15 at the Christiansburg Recreation Center.

The hours are:

- Monday - 9:00 am - noon
- Tuesday - 5:30 pm - 8:30 pm
- Thursday - 1:00 pm - 4:00 pm
- Saturday - 9:00 am - noon

Individuals need to bring:

- Copy of last year's income tax return
- Any document received that says "tax document"
- Any form of income - W2, SSA-1099, 1099-INT, 1099-DIV, 1099-B, 1099R, etc.
- All documentation for itemizing deductions
- Statement of stimulus received last year (if not full amount last year, you may qualify for the balance this year)
- Property tax information (*new*

this year - everyone gets credit for property tax)

- Identification - social security card or official identification for yourself and dependents

To schedule an appointment call 382-2349

Membership renewals for 2009 are now due. There is a tear-off form on the last page of this Newsletter. **The membership fee is \$12.50.**

Blacksburg AARP Chapter and BEV Seniors Listserv

The Blacksburg chapter of AARP is considering adding its members with email addresses to the BEV Seniors listserv. *Members who do not want their names added to the listserv OR whose e-mail addresses do not appear on the roster but who wish to be added to the listserv should contact Connie Anderson at connie@vt.edu.*

Who,
being loved,
is poor?

~Oscar Wilde

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 9:30 a.m.

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

HURRY AND SIGN UP FOR THE FEBRUARY AARP COURSE-- *BEFORE IT'S TOO LATE*

In just a few days the February AARP driver safety course will be offered in Blacksburg. The course will be held at the Blacksburg Community Center, 725 Patrick Henry Drive **Thursday and Friday, February 19 and 20 from 1:00 to 5:00 p.m.** To pre-register, **call Curt Finch at 552-8179**. This may be the last time the course will cost at \$10.00. Cost is payable by cash or check to "AARP" on the first day of the course.

Sponsored by the Blacksburg Community Center and the Blacksburg AARP Chapter, this 8 hour classroom refresher course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any formal examinations. Graduates may be eligible to receive state mandated multiyear discounts to their auto insurance premiums. Enrollees must attend sessions on both days to receive completion certificates.

2009 Officers and Board Members

Officers

President: Paul Smeal psmeal@vt.edu
1st Vice President: Jim Wightman wightman@vt.edu
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Brian Allen mballen@prodigy.net

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

2009 Blacksburg AARP Committee Chairs and Appointees

AARP of Virginia Liason: 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 2009
Program: Carl McDaniels cmcd@vt.edu
Public Relations: Norman and Nancy Eiss nsjeiss@verizon.net
VT Retirees Association Liason: Margaret Kates connie@vt.edu
Webmaster/List Owner: Connie Anderson connie@vt.edu

AARP Commitment to
our Community for 2009

When you come to the
monthly meetings this year,
bring a non-perishable food
item for the Blacksburg
Interfaith Food Pantry.

Membership Meeting Dates 2009

Regular AARP meetings are the third Tuesday each month with bag lunch at 11:30 a.m., business meeting at 12:15 p.m. and program at 12:30 p.m. Meetings in 2009 are on the following Tuesdays:

February 17
March 17
April 21
May 19

June 16 PICNIC at Nellie's Cave Shelter
September 15
October 20
November 17
December 1 HOLIDAY LUNCHEON,
11 a.m. to 2 p.m.

Membership Report

There are 353 members in our local AARP chapter including 282 dues-paying members. The other 71 persons hold LifeTime, Honorary, Complimentary or Life (over 90 years old) memberships. At the end of January about 50% of our members have not paid their 2009 dues. *A frequently asked question is: "Have I paid my 2009 dues?" The answer is easy -- look at the mail label on this Newsletter. If the second line reads, "AARP 2009", your dues have been paid. If there is a yellow dot, you now owe \$12.50 for 2009.* There is a convenient tear-off form on the last page of this Newsletter. Please pay your dues now and save us Newsletter printing/postage which is about \$1 per Newsletter.

We welcome as new members Pieretti Cartier-Huber, Delores & Robert Gribben, Anne Morgan and Jan & Dave Notter. Please give a special welcome to these new members at our next general meeting on February 17th.

Jim Wightman, Membership Chair



Montgomery County Emergency Assistance Program

The MCEAP assists families and individuals in immediate, temporary, and emergency situations. Its efforts are coordinated with the major local social service agencies and with area civic and religious groups. MCEAP serves those who failed to qualify for public assistance or had exhausted their benefits. Its philosophy is one of assisting county residents in maintaining their households and restoring their self-sufficiency.

Services Provided:

- Financial Assistance: A financial fund is available to give limited help in areas such as rent, utilities, heat and prescription medicine.
- Food Bank: The food bank is located at the NRCA office and can assist in providing emergency food.
- Clothing Bank: The Clothing Bank is located at 409 Roanoke Street in Christiansburg. It is open on Monday, Wednesday and Friday mornings from 9 AM to 12 noon and on Tuesday evenings from 6-7:30 PM. Donations of clean usable clothing are welcome.
- Furniture Bank: We seek to maintain a supply of household furniture in useable condition..

All these services are available to eligible recipients after client screening at the 110 Roanoke Street office in Christiansburg, phone 381-1561.

For more information, attend the February 17 Chapter Meeting brown bag at 11:30, Blacksburg Community Center.

AARP Remembers . . .

AARP Chapter 2613 has a long standing tradition of remembering and honoring members who have passed away the past year. At the general meeting on January 20, 2009, a candlelight memorial service was conducted for the following members:

Judy Bame
Jean Davis
Jean Dickerson
Glenn Mitchell
Ray Murley
Bill Walker
Harlan White
Venita Witherspoon

Each was remembered for faithful to our chapter, for outstanding contributions to the community and to respective professions. Among those honored were housewives, professors, doctors, technicians, and business people.

We honor them and express sympathy to their family and friends.

Ken Dawson, Chaplain



I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

~ Author Unknown

Cold Temperatures -- Warm Hearts

Tina King, Executive Director
New River Valley Agency on Aging

February has arrived with extremely low temperatures! While the weather may be cold, the hearts of many individuals and organizations in the Montgomery County area are warm and thoughtful when it comes to being concerned about their neighbors. The New River Valley Agency on Aging appreciates working with several organizations over the past few months and presently to help older adults in the community know that there are those who care about them and their well being.

The Montgomery County RSVP and Christiansburg Parks and Recreation, co-sponsored a Walk-a-Thon in observance of "Make A Difference Day", a national observance held on the fourth Saturday every October to promote "neighbors helping neighbors.". The funds they raised were used to "make a difference" in the lives of older adults in the community. The funds launched a "Supplies for Seniors" project that provided basic and necessary household and hygienic supplies to 235 homebound seniors. The Retired and Senior Volunteer Program of Montgomery County and the City of Radford, the Pulaski Retired and Senior Volunteer Program, several businesses, Virginia Tech and Radford University student groups joined forces to purchase and put together the "Supplies for Seniors" bags. The New River Valley Agency on Aging distributed the bags to homebound seniors. The many telephone calls and notes of "thanks" from recipients

made it crystal clear that the supplies were helpful, not only from an economic basis, but also because of the limitations that most homebound seniors have to shop for themselves.

Home Instead Senior Care, a business providing in-home care to seniors, sponsored a "Santa for a Senior Program." Home Instead partnered with the New River Valley Agency on Aging to help identify seniors who might not otherwise receive gifts during the holiday season. As a result, several seniors received gifts and the "warmth" of knowing that others were thinking about them.

Literally and figuratively "warmth" will be directed to seniors through the "Blanket the Community" project sponsored by the New River Valley Harley Davidson Dealership located in Christiansburg. Kirk White, representing the Dealership, contacted the NRV Agency on Aging to determine if the Agency would help facilitate the delivery of new blankets that were collected for older adults. Over 200 blankets were collected for the project and will be delivered to homebound seniors not only in Montgomery County, but throughout the New River Valley.

We hear and read about troubling and negative events and so seldom hear about the positive ones. Montgomery County and surrounding communities are to be commended for the numerous ways our citizens reach out to help their neighbors. The above events and projects are only a few of the many. The New River Valley Agency on Aging is grateful for the opportunity to work with such a caring and generous community that responds to the needs of seniors.

Winter and Spring Activities at the Blacksburg Senior Center

Winter and spring months are busy at the Blacksburg Senior Center. Our trips, special events, classes and health fitness programs will keep you warm on a wintry day and get you excited for the warmer days ahead.

Space is still available on the trips to *Joseph and the Amazing Technicolor Dreamcoat* at Barter Theater on April 8, Rural Retreat Winery on April 15, Jimmie Rodgers at Barter Theater on May 6, and the Salem Red Sox baseball game on May 20.

Don't forget we have **breakfast get togethers** the first Monday of each month at 10 a.m. through May. Following each breakfast, a **prime time movie** will be featured on our large screen TV.

Bingo happens the second Monday of each month

at 11:30 a.m.

Our **Spring Luncheon** is Thursday, April 9, at noon. Enjoy a spiral glazed ham along with everyone's covered dish.

To **keep you active** we have classes in **aerobics, strength training, Pilates, Tai Chi, Yoga and healthy backs**. Take advantage of all the equipment in our new fitness center. Free orientations are offered and we also have an excellent staff to provide personal training.

Call Joy Herbert at 961-1134 for more information on these programs and others. A newsletter can be sent to you describing all the activities in detail.

AARP Chapter 2613 Board of Directors

Minutes

February 3, 2009

Call to Order

President Paul Smeal called the meeting to order at 10:03.

Attendance

Officers Present: President Paul Smeal, Secretary Virgil Cook, Treasurer Brian Allen

Board Members: Don Creamer, Ken Dawson, Nancy Eiss, Sue Farrar, Dan Fleming, John Hillison

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

Approval of January 6 Board Minutes

John Hillison moved that the minutes be approved. The motion passed.

Treasurer's Report

Brian Allen distributed the report, which is summarized below.

Balance at end of 2008:	\$2,979.91
Credits:	\$1,074.56
BALANCE at end of January 2009:	\$3,517.73

Debits included

4 months' postage from 2008	\$149.85
USPS for our mailing permit	\$180
Kopy Korner for the newsletter	\$163.89
Share of the PO box rental	\$43.00
Total	\$536.74

Our balance is about \$600 more than at the beginning of the year.

Carl commended Brian for a stellar job.

President's Remarks

President Paul Smeal reported that Joy Herbert publishes a monthly calendar in addition to the *Good Times News*. There are several events that both the Town of Blacksburg and Montgomery County will sponsor jointly.

Committee Reports

Membership--Carl McDaniels for Jim Wightman. The total membership is 353. However, there are still 142

who have not yet paid their dues for 2009. Members who have not paid their dues will have yellow warning dots on their newsletter, mailing labels in February and red dots in March. People who have not paid their dues by April 1 will be deleted from the mailing list. E-mail addresses are being added to the membership list.

We welcome as new members Pieretti Cartier-Huber, Delores & Robert Gribben, Anne Morgan, and Jan & Dave Notter.

Publicity--Nancy Eiss. There is a new person for handling publicity at the *Roanoke Times*.

Legislation--Dan Fleming. Many bills that have that passed in the senate are being killed by house subcommittees. The senate has passed a bill by a vote of 39 to 0 to form a bipartisan, redistricting committee. The VRS fund has shrunk by about 25%. Present retirees and soon-to-be retirees should be protected, but there may need to be adjustments for others.

A bill to close the loopholes on payday lending is uncertain. There are still loopholes in the current bill.

Committee on Long-Term Care—Dan Fleming. The New River Valley Agency on Aging helped organize the group. They meet every two months. The goal is to help people get out of nursing homes. There is an upcoming conference on elder abuse. It will take place on February 10. Dan Fleming has the information on registration.

Program Committee—Carl McDaniels. Carl asked Sue Farrar to serve on his committee. She agreed to do so. He then distributed the list of tentative programs. The February 17 program will feature Dr Kathy Hosig, PH.D, MPH, RD, Associate Professor at the Virginia College of Osteopathic Medicine (VCOM) Her topic will be "Practical Healthy Eating." She says that nutrition is the most important component of healthy healing. The Table Top talk will feature Phil Pappas, Montgomery County Emergency Assistance Program (MCEAP).

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Carl asked for suggestions for a program on training and fitness. He asked whether we should sponsor a CPR class following such a program. The consensus was that we should.

Newsletter—Edd Sewell. Edd reported that he will now be doing the newsletter. He also reported that he has received a request to include phone numbers on the list of officers and committee chairs. The consensus was that this information should be included.

Caring—Margaret Kates for Harriett Cooper. Margaret reported that Harriett sent a sympathy card to Cerri Coyle, whose daughter died recently. She will send out cards for Harriett over the next two weeks or so. People should contact Margaret when she needs to send cards. You can reach her via Connie's e-mail, connie@vt.edu.

Driver's ED—Curtis Finch. The next course is scheduled for February 19-20. So far, only four people have signed up. Curt asked for volunteers to help with refreshments for the students.

Health News—Larry Alexander reported that he is developing a Website for the *Home Sweet Home* newsletter. He asked for help finding new sources for distributing the newsletter. He summarized Blacksburg Baptist Church's method for distributing the newsletter. The church e-mails the letter to members and provides a hardcopy to seniors who do not use e-mail.

Hospitality—Curt Roane. Curt reported that his committee needs new members. He will also need people to help with setup and cleanup for the annual picnic. He asked for clarification of several procedures for scheduling and conducting chapter events. The date for the Christmas Lunch is set for December 8.

Liaison—Carl McDaniels for Ben Crawford. Carl reported that state AARP activities are down because of the economy. Consequently, there is no mass, lobbying trip to Richmond this year.

Virginia Tech Retirees—Margaret Kates. Margaret will try to get the association to change its luncheon date, which conflicts with the chapter's general meeting.

Website—Paul Smeal has talked to Connie Anderson about a listserv for the membership. They concluded

that since the BEV Seniors list is already set up, we might simply add members to that list. Connie asked whether we can ethically subscribe people to the list, even though it is very easy to unsubscribe.

Virgil Cook moved that we put a notice in the newsletter indicating that we are considering adding chapter members to the BEV Seniors list and that anyone who does not want to be on the list should contact Connie Anderson at connie@vt.edu. Connie suggested that the announcement include the statement that members who have not given their e-mail addresses to the chapter may ask her to add them to the list. The motion passed.

Connie questioned whether we should have a Website if it is not kept current. Paul observed that people need to send relevant material to Connie. Furthermore, when we send material to Edd for the newsletter, we should also send the material to Connie so that she can put it on the Website.

Old Business

Brian Allen asked whether we should ask members whether they prefer to receive copies of the newsletter via the Website or via the USPS.

New Business

Paul commended Ken Dawson for his memorial presentation at the January membership meeting.

Adjournment

The meeting was adjourned at 11:21.

Respectfully submitted: Virgil A. Cook, Secretary

Pay your 2009 dues [\$12.50]
and don't miss a single issue
of the Chapter Newsletter.

While enormous strides have been made in communications in recent years, there's still a lot to be said for the smile.

— Franklin P. Jones

Adams-Bush tells the Blacksburg Chapter of AARP about opportunities for seniors sponsored by Montgomery County Parks & Recreation

Kemvia Adams-Bush, Recreation Supervisor of Tours and Senior Programs, addressed the AARP chapter meeting on January 20. This is a summary of the services provided that are of interest to seniors.

Montgomery County Parks and Recreation offers programs and activities for residents of the county including residents in the towns of Blacksburg and Christiansburg. According to Adams-Bush, "We offer a wide range of programs and activities without the advantage of an 'in-house' facility with most of our programs being held in the government center or schools throughout the county. For the tour programs we offer pickup locations at Gables Shopping Center in Blacksburg and the Lower Courthouse Lot in Christiansburg.

"We offer lots of exciting outdoor activities including snow tubing, rock climbing, kayaking and new to our program this coming year--are rafting trips for seniors. Our department has purchased a five man raft and took it out on the water last summer for a trial run with Rudy and Paul, we had a great time and we came to the conclusion that the raft was more stable than canoes and were a lot more comfortable to sit on during the river run. So Brad, our Outdoor Programs Supervisor and I look forward to some fun excursions on the water with the seniors this coming summer.

"We have in place a Mountain Trekkers Hiking Club where you will have an opportunity to explore the great outdoors, get some fresh air, and good exercise during our hiking adventures. Our hikes are usually 2-4 miles in length, some are on flat tracks such as the Huckleberry Trail while oth-

ers explore nature off the beaten path along trail systems in the state and national parks. We have explored parts of Mount Rogers, hiked up Buffalo Mountain, visited the falls at Dismal. This winter and spring we will be taking a couple of neat excursions--one is a mystery wildlife excursion where you will have a unique chance to explore a nature area that is otherwise not available to the public and the Bottom Creek Gorge Preserve with a 200-foot waterfall, the second highest in Virginia created from the headwaters of the Roanoke River.

"We participate in community sponsored events hosted by Blacksburg, Christiansburg and Radford Parks & Recreation. This spring our host event will feature the 50th anniversary of the Hula Hoop--with a DJ spinning tunes from the 50s, for a fun afternoon of dancing, playing name that tune, and some cool treats featuring root beer floats.

"I would like to encourage each of you to become a participant in the NRV Senior Olympic-Games. This is a week-long marathon of both social and physical activities. A lot of the participants in the games are not athletes, but simply enjoy an opportunity to come out and socialize with others, have a good laugh and a wonderful opportunity to get some physical exercise. The games are held April 26--May 1 and feature billiards, basketball, bridge, bowling, swimming, golf, horseshoes, bocce and croquet to name a few. Registration information will be available around the first of March and can be picked up at the center.

"Lastly, probably the largest portion of my time and energy are spent planning day trips and excursions. Joy

[Herbert] and I offer some of the same trips and to you that is an advantage in that if you cannot make one date then you have an option for an alternative date.

"Some of our excursions this winter and spring include theater performances at Wohlfahrt Haus Theater including the *Smoke on the Mountain* production and the *Best of Broadway* musical; the Barter Theater for *Joseph and the Amazing Technicolor Dreamcoat* and Jimmy Rogers, America's Blue Yodeler.

"Musical venues include a visit to Lincoln Theater in Marion for Emile Pandolfi piano music and Greene Memorial Church for a celebration of the Choral Music of Randall Thompson; we will be taking in performances at the Fiddle & Banjo Club at New River Community College featuring bluegrass and old time music as well as the Storytelling Festival at Camp Bethel featuring folklore and music rich in Appalachian culture.

"And the ever popular eateries along the way such as the Homeplace Restaurant, Natural Bridge for the Friday Night Seafood Buffet, Mabry Mill and Shatley Springs Resort in North Carolina."

The Montgomery County Parks & Recreation office is located in the Montgomery County Government Center at 755 Roanoke Street, Christiansburg.

February and March events include:

- Feb 24 trip to Taubman Museum
- Mar 5 trip to Barter Theater for Joseph and the Amazing Technicolor Coat
- Mar 11 tour of Hendrick Motorsports

For reservations and cost, contact the Montgomery Parks & Recreation at 382-6975 or online at

MontgomeryCountyVA.gov/Parks

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

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

Question -- Have I paid my dues for 2009?

Answer -- Look on your mail label for this Newsletter (directly above on this page). If it reads "AARP 2009" you have paid your dues for 2009, but if it reads "AARP" 2008, you now owe \$12.50 for your 2009 dues (the membership renewal form is just below this note).

Membership Renewal 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]

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 and NOT through the Blacksburg Chapter.

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