



Serving the Greater New River Valley, Virginia

Blacksburg Chapter News

Sept. 2014 • Vol. 31 • No.7
www.blacksburgaarp.org

Wednesday, Sept. 17 • Noon to 4 Health & Wellness

FAIR

VCOM II Building
2280 Kraft Drive
Blacksburg, VA

This event is **free for the general public**. Over 100 exhibitors will be available in one building providing information on everything from hearing to home modifications. Flu shots and a wide variety of screenings are available. A Pharmacist will be on hand to answer drug interaction questions

Learn about health and wellness services in one location during a single afternoon. See what is available in your community! Light snacks are free as you browse through the dozens of exhibits.

The folks from the Edward Via College of Osteopathic Medicine and the Blacksburg AARP Chapter welcome you to the Fair! Hope to see you there!

Screenings

- Blood Pressure & Sugar
- Body Mass & Nutrition Advice
- Bone Density
- Stress Management Information
- Cancer Screening Advice
- Musculoskeletal
- Dermatology & Venous Exams
- Hearing & Vision
- PLUS** Flu Shots (Free with Medicare) & Ideas for Home Improvement

Thanks to our Gold Sponsors:

- Anderson Audiology
- Carilion Clinic - New River Valley Medical Center
- Cosmetic Vein Center of Virginia
- Crockett Home Improvement
- English Meadows Senior-Living Community
- LewisGale Hospital -Montgomery
- River Ridge Dermatology
- The Hearing Clinic
- Virginia Farm Bureau
- Warm Hearth Village

see page 5 for additional sponsors

Good Grief It's Fall!

President's Message from Leslye Bloom



I hope you all had a good summer! It's hard to believe that some leaves are already turning - summer seemed to go by in a flash. Fasten your seatbelts, because the season is going to be eventful!

Bring a Friend...First, our September meeting will

be the Biennial health fair with VCOM on Thursday the 17th. John and Sharen Hillison are capping their tenure as health fair chairs with the best one ever! Details to left.

Second, we will hold our annual food drive at University Mall and Gables Kroger's on Sunday the 14th, chaired by Sally Anna Stapleton.

Thanks for so many years as our estimable secretary to Virgil Cook, who had to step down in June for health reasons. I'm glad to report he is much improved and intends to be active in chapter activities. Terry Wildman will be doing the minutes through December - and his first sample is already posted at www.blacksburgaarp.org., which expands the September 2 board meeting highlights that follow:

2015 Nominations: contact Don Creamer with suggestions for elected offices including: 3 incoming board members (class of 2017), 1st Vice President, and Secretary.

Contact me for appointed office nominations including chairs for Health Fair, Hospitality (including picnic and luncheon), Membership, and Public Relations. There are actually fewer vacancies this year than last. Yes, two

continued on page 2

Upcoming Events

September 14 Sunday
AARP Annual Food Drive at University Mall and Gables' Kroger's

September 17 **Wednesday- Noon to 4:00**
AARP-VCOM Health and Wellness Fair at VCOM II. see left

October 7 • 10:00
board meeting

October 21 • 11:30
chapter meeting

November 4 • 10:00
board meeting

Nov. 18: 11:30
Funeral Alliance of the Blue Ridge on *What To Do When Death Occurs and Before.* FAQ

Dec. 9: **Holiday Luncheon**

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

or more people can share an appointed office, and I'm proud that as of this year appointed officers can fully participate in board meetings. It's wonderful that so many of our chapter members live up to our motto "to serve – not to be served."

The board has just approved an effort to develop a large-scale conference to be held in the off years of the current Health Fair (Don Creamer) and a short term advisory council (Terry Wildman.) The prospects are exciting.

Ben Crawford reports that VA AARP priorities for 2014 will include the Financial Security Campaign, Medicaid Expansion, Community Outreach, and Elections. You can get details via the June Newsletter.

Reminder: Chapter Awards nominations are due on October 21st.

Do something nice for yourself today – You deserve it.

Yours in Service,
Leslye

Financial Statement

May 22 through Septmber 1, 2014

Balance thru May 22, 2014 \$8,939.43

Credits

Membership	0.00
Auction/Picnic (incl. \$170 donation)	611.50
Health Fair	3,400.00
Interest	.92
TOTAL	\$4,012.42

Debits

Kopy Korner	67.39
Admin. Sally Anna Supplies	21.05
Admin. PO Box rental	64.00
Picnic supplies- Nola	41.18
Village Gournet deposit for Holiday Luncheon	75.00
Health Fair Expenses John Hillison	88.89
TOTAL	\$357.51

Balance Sept. 1, 2014 \$12,594.34

Balance in Reserve Account (Health Fair) \$2,682.76

Pat Ballard, *Treasurer*

Special Events Planning

The AARP Board voted during the September 2nd meeting to support the recommendations of the Special Events Committee to launch a biennial conference and to establish an advisory council to advise the Board on future chapter activities.

The conference, tentatively called LivingWell@50+, will be designed to alternate years with the Health and Wellness Fair and will serve seniors from the New River Valley. Don Creamer will chair this initiative.

The advisory council will be launched in 2015 and will be composed of well-established members of our community who will be asked to consider alternative futures for the Blacksburg AARP chapter. Terry Wildman will chair this initiative.

Don Creamer, *Chair*

September 14 Sunday • 11am to 3 pm

AARP Community Food Drive at University Mall and Gables' Kroger Stores

Please help support our annual food drive by contributing either non-perishable food or cash so we can go shopping! Stop by either Kroger's location and help the hungry!

AARP and other volunteers will be at both locations to collect your donations. Donations will benefit the Interfaith Food Pantry and Montgomery County Emergency Assistance Programs. If you have questions please call Sally Anna Stapleton at 540 250-3908.



Playing and Working!



Above: Ten members of the AARP United team represented the Blacksburg Chapter in the June 20th Summer Solstice 5K race. The team was composed of (Left to Right in picture) Irene Leech, John Hillson, Judy Gwazdouskas, Steve Cole, Sharen Hillison, Bev Fleming, Paul Smeal, Rosemary Cole, Brian Jacks, and Sally Paulson.

The miles of training by the team paid big dividends. Eight members of the team medaled, setting a record of 80% for the AARP United Team. No other team in the Summer Solstice 5K race earned as many medals.



Right: The auction at the Annual Picnic in June raised over \$600!



Chapter Leaders Visit Senator Kaine's Office Ben Crawford, Leslye Bloom, and Nola Elliott visited the Roanoke office of Senator Kaine on August 2 to encourage Senator Kaine to support the reauthorization of the Older Americans Act. They also discussed other issues and interests of AARP Virginia and the Blacksburg AARP chapter.

From the left: Gwendolyn W. Mason (Regional Director for Senator Kaine), Ben Crawford (AARP VA Advocacy Committee), Leslye Bloom (AARP VA Advocacy Committee), Lorraine Bratton (AARP VA Legislative Committee), Peter Goldin (Associate Director AARP VA), Lou Kadiri (Senator Warner's Deputy state director), and Nola Elliott (AARP VA Advocacy Committee).

Fall Activities and Opportunities at the NRV Agency on Aging

From Tina King, *Executive Director*

Summer went racing by and fall is rushing in. Although the summer was a busy time at the New River Valley Agency on Aging fall will be even busier with several new programs and events coming up.

The Agency on Aging in partnership with the New River Health District will be sponsoring free workshops for interested individuals with any type of chronic disease wanting to take charge of their life. If you have a chronic condition or disease or are a caregiver for someone with a chronic disease, we invite you to participate and find the support you need to identify practical ways to deal with issues surrounding chronic disease and pain. Participants will be provided materials for a series of six weekly Chronic Disease Self Management workshops led by trained volunteers with chronic health conditions themselves. Each workshop last approximately two and a half hours. Participants will set their own goals and plans to improve their health and quality of life. The Stanford designed evidenced based workshops are held all over the United States and have proven to have long term benefits in health outcomes for participants. For more information or to register for upcoming workshops in Montgomery County call Elizabeth Fontaine at (540) 585-3319 or Elizabeth Wray at (540) 980-7720.

It isn't too late to sign up for a free Chronic Disease Self Management Peer Leader Training designed to train individuals who want to become workshop leaders and help put life back into people's lives who are living with chronic diseases. If you are interested, the leadership training will be held on

Monday, September 22 through Thursday, September 25, 2014 at the Montgomery County Government Center. For more information or to register call Elizabeth Fontaine at (540) 585-3319.

AARP members are known for their advocacy. If you would like to be a part of an exciting event that will bring together aging advocates, the geriatric workforce, housing and community development workforce, and policy makers to form an action plan to make our homes and our communities lifespan friendly – great places to grow up and grow older, save the date to attend the Home Matters workshop on October 22, 2014 at the Blacksburg Transit Facility. The workshop will focus on the obstacles and challenges that were identified in the first Home Matters workshop held a year ago to form action plans with specific recommendations for the public and private sectors represented. Registration information will be provided soon.

Medicare Part D Open Enrollment begins October 15, 2014 and runs through December 7, 2014. It is the time to consider making changes to your prescription drug plan or your Medicare Advantage plan for 2015. The Agency on Aging provides assistance for individuals with making an informed decision on the Part D and/or Medicare Advantage plans. To obtain free help from trained staff and volunteers, call the Agency at (540) 980-7720. Please call as early as it is a busy time and we want assist as many people as possible.

For information on programs and services that support healthy aging, contact the NRV Agency on Aging at 980-7720 e-mail: nrvaoa@nrvaoa.org. Website: www.nrvaoa.org.

Membership Report Sept. 2014

2014 Members	207 individuals	127 households
Lifetime Members	35 individuals	22 households
Life Members	12 individuals	11 households
Comp Members	22 individuals	22 households
Honorary Members	2 individuals	1 households
Total Membership	278 individuals	183 households

Jim Wightman, *Chair*, Tom Alston, *Membership*

Time to Nominate Members for Chapter Awards

The Chapter Service Award and the Community Spirit Award are given at the holiday luncheon in December. All members of the chapter are invited to submit nominations of members to be considered for this recognition. Please contact Doris Abraham for further information (dsta118e@verizon.net).

The chapter website at www.blacksburgaarp.org

Please check out the website for details and updates of all AARP Blacksburg activities. If you wish to suggest content for the site, simply contact the editor at dgc2@vt.edu. Don Creamer, *Website Editor*

Chapter Nominates Virgil Cook for 2014 State Andrus Award for Community Service

Blacksburg AARP has submitted Virgil Cook's name to the Virginia state offices of AARP for the 2014 Andrus Award for Community Service. Virgil's outstanding service to the community is well captured in the nomination form on our website. Congratulations Virgil!

Chapter Officers & Board 2014

President • Leslye Bloom, leslye_bloom@comcast.net

Vice President • Terry Wildman, wiley@vt.edu

Secretary • Terry Wildman, wiley@vt.edu

Treasurer • Pat Ballard, pballard@vt.edu

Board Members

Class of 2014: Leslye Bloom, leslye_bloom@comcast.net

John Hillison, johnhillison@comcast.net

Cecil McBride, cmcbride@vt.edu

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@nrva.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, dsta118e@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

Alison Galway, agalway@vt.edu

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, d.creamer@icloud.com

2014 AARP/VCOM

Health & Wellness Fair Exhibitors

Gold Sponsors Anderson Audiology • Carilion New River Valley Medical Center • Cosmetic Vein Center of Virginia • Crockett Home Improvement • English Meadows • LewisGale Hospital Montgomery • River Ridge Dermatology • The Hearing Clinic • Virginia Farm Bureau • Warm Hearth Village

Silver Sponsors Advanced Home Care • Anthem Health-Keepers • At Home Caregivers, Inc. • Blue Ridge Home Improvement, Inc. • Commonwealth Assisted Living • Eucalyptus Massage Therapy • Eye Care and Surgery • Heritage Hall-Rich Creek • Humana • Kroger • Lincare • Medical Associates of Southwest Virginia • MedExpress Urgent Care • New River Healing Arts • Professional Therapies • Radford Health & Rehab • Richfield Living • Senior Remodeling Experts • South Main Chiropractic Clinic • The Landmark Group • University Physical Therapy • Valley Sports and Spine Clinic

Bronze Sponsors Advanced Health Services • Anytime Fitness • Asset Solutions Corp. • Bath Fitter • Blacksburg Pharmacy • Blacksburg Physical Therapy Associates, Inc. • Body Balance Spa • Care Advantage, Inc. • Carilion Clinic Home Care and Hospice • Comfort Care Senior Homes, LLC • Community Care Solutions • Crowning Touch • CVS/MinuteClinic • Edible Arrangements Blacksburg • EHS Support Service, LLC • Energy Check • Hermitage in Roanoke • Heritage Hall Healthcare-Blacksburg • Hi NRG Fitness Studio with Angel • Home Instead Senior Care • In Balance Yoga • Interim Healthcare • Juice Plus+ • Montgomery Law • National Bank • New River Valley Hearing, Inc. • Rite-Aide Pharmacy #1181 • Robert Gibb Insurance Associates, LLC/ Rockingham Group • Rebath of SWVA • Salem Terrace at Harrogate • Shaklee • Sleep EZ Diagnostic Center • The Crossings at Blacksburg • The Weigh Station • Total Motion Physical Therapy • Tuck Chiropractic • Velocity Care • Walgreens

Non-Profit Exhibitors Blacksburg Parks and Recreation • Community Health Center of the NRV • Deaf and Hard of Hearing Services Center • Funeral Consumers Alliance of the Virginia Blue Ridge • Good Samaritan Hospice • Mount Tabor Ruritan Club • New River Valley Agency on Aging • RSVP of Montgomery County and Radford • Virginia Tech Adult Day Services

You can find the draft minutes from the September board meeting at www.blacksburgaarp.org. Those without computers can 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.



Chapter #2613
Leslye Bloom, President
P.O. Box 10082
Blacksburg, VA 24062

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

Please take note:

September 17 *Wednesday* HEALTH FAIR at VCOM 2

September 14 *Sunday* AARP Annual Food Drive at blacksburg Kroger Locations

Join your local chapter!

AARP Blacksburg Chapter 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

 State Zip

P.O. Box 10082

Blacksburg, VA 24062

 Phone

**Local Chapter membership requires membership in National*

 Email

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