

April 20 Chapter Meeting: Living/Housing Options for Seniors presented by the NRV Agency on Aging



New River Agency on Aging

The April 20 AARP Blacksburg Chapter meeting features Janet Brennerd, Ombudsman at the News River Valley Agency on Aging, discussing Living/Housing Options for Senior. She has been focusing on this topic at the NRV Agency on Aging for several years and will cover the full range of options in her presentation—home modification, home health, assisted living settings available. A handout will be provided, and there will be ample time for questions and answers.

As always, we will begin with a brown bag lunch starting at 11:30 a.m. at the Blacksburg Community Center on Patrick Henry Drive. Beverages will be available.

Some Thoughts on Maturing -- Some Call It Getting Older . . . or Aging

I could not, at any age, be content to take my place in a corner by the fire-side and simply look on.

Eleanor Roosevelt

The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.

Aldous Huxley

Table Top Talk for April features the New River Valley Free Clinic. Their presentation will be at noon, but they will be available for questions starting at 11:30 a.m.

There has been a significant increase in the patient load in the NRV Free Clinic in recent months at their several locations. Help the local free clinic by bringing **bags of cotton balls** or **boxes of band aids** for use at the clinic.



Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.

Groucho Marx

Forty is the old age of youth; fifty is the youth of old age.

Victor Hugo

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

•**Tuesday May 18:** AARP Virginia State Director Bill Kallio 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/>

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President's Corner

by President Brian Allen

Thanks to everyone who contributed food to Micah's Backpack. We had enough food to supply about fifty children. GREAT JOB! It seems like every month we are asking for donations of food items for the less fortunate, and you respond tremendously well. PLEASE DO NOT feel obligated to bring something when we ask. It is strictly directed to those that can afford to help. We do not want to take food from your table.

I thought our musician last month was fabulous. I know we all enjoyed having him perform. We are going to try and get him back at a future date.

Make sure you read the note from Sally Anna Stapleton and Ben Crawford about 'Create

the Good'. It is in this newsletter, and is a great idea.

I am heading up a new committee called 'Social Outreach', and we are preparing to do a work project at Warm Hearth Village. They want us to put a preserving wood stain on a long bridge and maybe some landscape timbers over there. They will power wash these clean for us first. I AM LOOKING FOR VOLUNTEERS to help with this. If you think you can handle a paint brush or roller, and have some time, please call me or send me an email. We have not picked a date yet, but it will be in April or May. Thanks. Have a great spring, see you next Tuesday the 20th.

Brian

Have you read a good book lately? Check one of these out!

Living Oprah: My One Year Experiment to Walk the Walk of the Queen of Talk by Robyn Okrant. The year 2008 was the year that Robyn Okrant decided to follow every piece of advice that Oprah Winfrey suggested on her talk show and in her magazine. This is a humorous month-by-month account of what it took and how much it cost to live according to Oprah.

Andy Rooney: 60 years of Wisdom and Wit by Andrew A. Rooney. You watch him on *60 Minutes*, now read the best of more than a century of work. He is straight-shooting, opinionated with plenty of humor and photographs. What a way to spend an afternoon.

Paula K. Alston, Director
Montgomery-Floyd Regional Library
Christiansburg, VA 24073
(540) 382-6965 x16
www.mfrrl.org

Book reviews continued on page 6

Long Term Services and Supports: How the Patient Protection and Affordable Care Act Policies Plan to Enhance Them

by Tina King, Executive Director
New River Valley Agency on Aging

Currently there are gaps in the continuum of care for older and disabled adults. Long term care at the national, state and local level is fragmented and leans heavily on institutional care. Affording care is a concern to individuals and public funding sources. A national poll indicates that 79% of Americans are concerned about their ability to pay for long term care in the future. In spite of significant levels of public spending for long term care services, thirty-five percent is privately financed. One-third, or \$101 billion, of Medicaid spending is for long term services and supports. Medicare spends approximately 4 times more per person on those who have three or more limitations in activities of daily living as compared to those with none.

The Patient Protection and Affordable Care Act (PPACA) adopts reforms that address some of the gaps in the continuum of care for older adults through long term services and supports (LTSS) and how they will be funded. The National Academy for State Health Policy, April 2010 Briefing, provides a good overview of the policy changes. The Briefing focuses on the Act's major provisions for LTSS and organizes them into five categories: 1) national insurance for long term services and supports; 2) Medicaid options and incentives to expand LTSS; 3) other LTSS provisions; 4)

chronic care coordination; and 5) nursing home reform.

The Community Living Assistance Services and Supports (CLASS) Act establishes a national voluntary insurance program for long term services and supports. This will be a public-private approach to financing and accessing LTSS.

The PPACA reforms could potentially expand the availability of Medicaid community based long term services and supports by establishing new optional benefits states can choose to add to their Medicaid state plans and/or by providing states with financial incentives to increase Medicaid funding for existing programs through targeted enhanced matching rates. For example, increases in federal financial participation for state expenditures on Medicaid Home and Community Based services waivers, PACE programs, and home health and personal assistance under the Medicaid state plan will be provided to states as a financial incentive to revise some of their long term services and support systems.

Other long term services and supports provisions include extending the spousal impoverishment protections that exist with Medicaid nursing home benefits to persons whose spouses qualify for Medicaid funded home and community based services and supports. Initiatives to strengthen the direct-care workforce that

provides long term services and supports to older people and persons with disabilities are included in the PPACA. A nationwide program will be established to conduct national and state background checks on LTSS provider employees who have one-on-one contact with persons receiving care and services. More funds will be provided to expand Aging and Disability Resource Centers to serve as community access points for persons looking for LTSS.

The Chronic Care Coordination initiatives are mostly designed as demonstrations within the Medicare program to test new delivery systems models. There are some similar demonstrations established in the Medicaid program. The initiative is to enhance linkages between health and long term services and supports, improve the provision of primary care to persons with multiple chronic conditions, and ensure a smooth transition from one care setting to another.

Using a multi-faceted strategy, the PPACA reform intends to address Nursing Home Reforms by 1) increasing public availability of information about the operation of individual nursing facilities; 2) creating new approaches to increasing compliance with federal requirements; and 3) increasing responsiveness to resident's concerns.

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CREATE THE GOOD

The opportunities that the PPACA provides to enhance our long term services and support system will need close examination by states along with working together with federal officials, communities and consumers to assess which opportunities work best to improve LTSS and chronic care for older adults and persons with disabilities.

For information on long term services and supports in the New River Valley, contact the Agency on Aging at 980-7720 or e-mail at [nrva.org](mailto:nrvaoa@nrva.org)

AARP United to Repeat Performance in the Summer Solstice 5K

After last year's successful experience in the Blacksburg Summer Solstice 5K, the 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 received nice compliments and some publicity for the group wearing red t-shirts with AARP written on them. We hope to maintain the tradition that 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.

Have you heard of 'Create The Good'? If you haven't already heard of it, expect to hear soon! AARP has launched Create The Good (www.createthegood.org) as a way to connect people with simple volunteer activities and time flexible opportunities, whether you have 5 minutes or 5 hours to contribute.

The term Create The Good came from AARP's founder, Ethel Percy Andrus, in a talk she gave on community service, where she said, "The challenge [is] to live up to our better selves, to believe well of our fellow men and perhaps by doing so to help create the good, to experiment, to explore, to change and to grow."

AARP recently trained 20 organizers from across Virginia to encourage service organizations to post opportunities and individuals to register on this new site. Ben Crawford and Sally

Anna Stapleton of the Blacksburg AARP chapter are two of the first volunteers trained in this new activity. Sally Anna Stapleton is the CTG Organizer for the NRV. Please feel free to contact either of them for any details on this exciting new site, and please go online and check it out for yourself. The first 25 chapter members who send an email to Pam Caldwell in AARP Virginia's state office (pcaldwell@aarp.org), letting her know they have gone online and registered for 'Create The Good' (by clicking the red 'Join' button at the top of the page and registering on the site), will receive a special Create The Good gift.



Thank You AARP from Micah's Backpack!

We received a letter of thanks from Pastor John Wirtz, Jr. of St. Michael's Lutheran Church for the contributions made by AARP members at our March chapter meeting. The letter reads:

"Thank you for your generous gifts in support of Micah's Backpack. Your group donated 33 jars of peanut butter, 294 packs of snack crackers and \$45. Your gifts will help make a difference in the lives of low-income children in our community. In fact,

during this school year, Micah's Backpack has already delivered over 900 backpacks which have provided more than 5400 meals to 63 students in need in our community."

If you would like to see more about Micah's Backpack, visit the website at

www.micahsbackpack.org.



Last Chance to take the April AARP Driver Safety Course

Being offered at Blacksburg Community Center

Time is running out to pre-register for the AARP Driver Safety Course being offered in April at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up soon.

The course will be held on Thursday and Friday, April 22 and 23 from 1:00 to 5:00 p.m. To pre-register for the 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 Blacksburg AARP 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

April 2010

Member Profile

AARP 2010 Members	231
Lifetime Members	46
Life Members	8
Complimentary Members	21
Honorary Members	5
Total Membership	312
Newsletters Printed	207

New Members

Sally Anna Stapleton

Irene Leech

Leslye Bloom

Bill Barclay

Membership Committee: Jim Wightman,

Sue Farrar, Don Creamer

Report prepared April 6, 2010

Financial Report for AARP Chapter 2613 March 2010

Balance at end of February 2010 \$2,935.83

Income

Membership dues	\$87.50
Interest (Chapter NBB Account)	0.16
50/50 Drawing	25.00
Total	\$112.66

Expenses

Printing Newsletters (Kopy Korner)	\$125.48
Postage Newsletters & Stamps	39.07
PO Box Rental (shared cost)	23.00
Total	\$187.55

Balance March 31, 2010 \$2,860.94

Treasurer: Judy Sewell

Christiansburg Candidate Forum 2010

Cosponsors: League of Women Voters of Montgomery County, NAACP, local Branch - Virginia Interfaith Center for Public Policy

Thursday, April 15, 7-9 pm

Supervisors Meeting Room,

County Government Center, Christiansburg

Candidates for Mayor:

Richard G. Ballengee*

Margaret H. "Meghan" Dorsett

Candidates for Council (for 3 seats):

Dan R. Canada

R. Cord Hall

Steve H. Huppert

Bradford J. "Brad" Stipes*

H. Earnest Wade*

* = incumbent

More information and video links:

www.lwvmcva.org/2010MayElectionsChristiansburg.html

Contact: Nancy Warren, LWV-MC Voter Service VP, 540 951-1660

Public welcome - come question the candidates

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)

Legislation Updates

Note: *The intent of the information is not to take any political stand, but simply to report on actions that have been taken or are pending.*

Health Care Bill Narrowly Passes: Warner and Webb Support and Boucher Opposes

The health care reform bill, strongly backed by AARP narrowly passed the House of Representatives by a vote of 219 to 212. All Republicans voted against the bill and 34 Democrats broke party ranks to oppose the bill including 9th District Congressman, Rick Boucher. In the Senate, both Senators Warner and Webb voted for the bill.

Boucher gave as his reasons for voting against the bill his concern over the cuts in Medicare funding over the next decade and what he called, "unsavory deal making in the Senate that benefited some states more than others.

Some of the benefits of the bill for residents of our congressional district include the extension of health care coverage to 48,500 uninsured residents, the inclusion of 55,000 young adults be-

ing able to obtain coverage under their parents' insurance plans, and \$57 million in funding for 44 community health centers. It also will improve Medicare for 134,000 beneficiaries by closing the Part D drug donut hole and allow nearly 11,000 residents with pre-existing conditions to obtain coverage.

Virginia General Assembly Opposes Mandating Federal Health Insurance

In an effort to stop national health care reform before it began, the Virginia General Assembly approved Delegate Bob Marshall's bill to oppose mandating the purchase of health care insurance by a resident of Virginia. The bill passed the House by a vote of 80 to 17 with Delegate Nutter voting for passage. Delegate Jim Shuler did not vote. If upheld by the federal courts, this measure would likely kill or severely damage the recently passed health care bill.

In the Senate, the margin was much closer with the bill passing by a vote of 23 to 17. Senator John Edwards was one of those opposing the bill.

Book reviews continued from page 2

Have A Little Faith by Mitch Albom. "What if our beliefs were not what divided us, but what pulled us together?" Good question! In *Have a Little Faith*, Mitch Albom offers a beautifully written story of a remarkable eight-year journey between two worlds – two men, two faiths, two communities – that

will inspire you. This latest book from the author of *Tuesdays with Morrie* has been on the New York Times best seller list for over 20 weeks.

Each month we will have a brief review of books or notes from the library. To find them, go to your Montgomery Regional Library.

AARP Chapter 2613
Board of Directors
Minutes
April 6, 2010

Call to Order--President Brian Allen called the meeting to order at 10:02.

Officers Present: President Brian Allen, First Vice President Don Creamer, Secretary Virgil Cook

Board Members: Harriett Cooper, Ken Dawson, Dan Fleming, Mary Ann Hinshelwood, John Hillison

Non-board-member committee chairs and appointees: Doris Abraham, R.B. "Ben" Crawford, Curtis Finch, Carl McDaniels, Curtis Roane, Edd Sewell, Jim Wightman

Guests: Frank Lau, Sally Anna Stapleton

Sally Stapleton addressed the board. She is an AARP organizer for Create the Good. This organization has a Web site with information on volunteer projects in communities. The organization wants officials of benevolent groups to post volunteer opportunities and for volunteers to register. Volunteers' names will not be displayed, however. The Web site is createthegood.org.

Contact information for Sally Stapleton: zulla1947@verizon.net, 552-0505.

Treasurer's Report--Ken Dawson moved that the report be received. The motion passed.

Approval of Minutes--Edd

Continued on page 7

Sewell raised the issue of the length of the minutes. The board agreed that the secretary should omit the treasurer and membership reports. The motion to approve passed.

Membership—Don Creamer
We now have 311 members.

Jim Wightman reported that there will be a Carilion health fair at the NEW RIVER Valley Mall on April 17. The chapter will have a display, including membership applications.

Public Relations—Ben Crawford. Bob Abraham's picture appeared in the article on the March program that ran in the New River Current.

Legislation—Dan Fleming. Senator John Edwards opposed Bob Marshall's bill to ban mandated contributions to health-care premiums. Dave Nutter voted for it, and Jim Shuler did not vote at all.

Programs--Carl McDaniels. Carl distributed a tentative program schedule. Highlights appear below.

April 20, Presentation on "Living Options for Seniors" by Janet Brennend, Ombudsman at the New River Valley Agency on Aging.

Table Top Talk, Free Clinic of the New River Valley

May 18, Health Care Reform Legislation 2010 for Seniors by Bill Kallio, State Director, AARP Virginia

June 15 Annual Pot Luck Picnic & White Elephant Sale Music & Vintage Car Show At the Nellie's Cave Park Shelter---Noon 2PM

At the April 20 meeting Janet Brennend will discuss such options as home modification.

Carl also reported that members' contributions to Micah's Backpacks, a program to help feed schoolchildren on week-ends, was strong.

VCOM will help with the health fair in the fall. They have agreed to charge profit-making groups. We have a \$500 grant from the state office to help with the fair, but we must indicate what the money goes for.

John Hillison suggested that we might spend the money for newspaper advertising.

We have been invited to hold our May meeting at the Mary Festler Room in the town library. Meeting there will give the board a chance to see some of the library's large-print collection. The board agreed to meet at the library in May.

Caring—Harriett Cooper. Harriett reported on the death and illness of several members.

Driver's Ed—Curtis Finch. There will be a course on April 22. There must be at least 12 students for the course to be taught, but we have only 10 pre-registered.

History--Doris Abraham. Doris is soliciting pictures. Her e-mail is <mailto:dsta118e@verizon.net>.

Picnic--Curtis Roane. The picnic will take place on Tuesday, June 15 at Nellie's Cave Park, 12:00-2:00. We hope to have a white-Elephant sale. The chapter will furnish paper products, eating utensils, and drinks.

Virginia AARP Liaison--Ben Crawford. Ben commended Carl McDaniels and Marianne Hinselwood for the volunteer recognition, for which they have been nominated. The award is given by the German Club. Any time we want to put up a display, the state AARP will pay the registration for the event.

The signing of the health-fair agreement with VCOM will take place before the main program at the May 18 meeting.

Backpack Project—Sue Farrar. The backpack program is targeted for pre-school children. A huge need in several of the county, elementary schools. The greatest needs are probably at Shawsville and Price's Fork elementary schools. The program that she is involved with concentrates on Kipps. Sally Stapleton suggested that this might be a project to publish on createtheregood.com.

These children are potential object of bullying. The project needs money because it is possible to get food at a discount. Sue would like to see a food bank for these people. Brian noted that the chapter will have no money for such a project until after the health fair.

Adjournment—The meeting was adjourned at 12:10.

Respectfully submitted:
Virgil A. Cook, Secretary

Responsibility without power,
the fate of the secretary through
the ages.

Ariel Dorfman

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**.