



March 19 Chapter Meeting

Things that go right and things that go wrong in our brains throughout the lifespan, by *Dr. Michael Friedlander*

In his presentation, Dr. Friedlander will discuss how the normal healthy brain develops to become a high performance system to mediate life's myriad processes from sensation to movement to thought to memory to emotion. He will discuss how the brain changes as we age. He will also highlight some recent work on things that can affect this normal progression and certain disorders that affect the young developing brain, the mature brain, and the aging brain.



Dr. Friedlander is the founding Executive Director of the Fralin Biomedical Research Institute at Virginia Tech Carillion and the Senior Dean for Research at VTC School of Medicine.

His research concerns cellular processes that underlie plasticity in the brain in health, development, and after brain injury.

Dr. Friedlander is a recipient of an Alfred P. Sloan Foundation Fellowship in Neuroscience, an NIH Fogarty Center Senior International Research Fellowship, a Lucille Markey Foundation Center Award, a W.M. Keck Foundation Center Award, the American College of Physicians' Menninger Award for Mental Health Research, the University of Illinois Distinguished Alumnus Award in Molecular and Integrative Physiology and the Distinguished Scientist Award from the Society of Experimental Biology and Medicine. He has held visiting Professorships at Oxford University, the Australian National University, and the University of Paris.

President's Column by Jerry Niles

Memories and Remembering

Included in this newsletter is the representation of one of my favorite traditions of the Chapter. I am struck by impact that Sandy Birch's carefully chosen words describing our friends, colleagues, and chapter members has on my memories of many of these individuals. This meaningful tradition has a unique way of evoking memories that is good for one's soul as well as paying well-deserved tribute to the departed.



At its heart, this tradition is made possible by the miraculous human trait of a well-developed memory. It is our memories that enable us to take away so many good feelings from sharing remembrances. It is no wonder then that the decline of memory is one of the primary concerns for many of us on the journey of aging. We often judge ourselves on whether we still "have it or not" by how sharp we think our memory is. How many times in the last week have you encountered a memory challenge in one way or another and worried about the state of your memory?

I know that when I entered my 60s I began monitoring the functioning of my memory closely. I thought it was an indicator of how successfully I was aging. I kept track of the glitches and wondered if this was the beginning of the slippery slope of memory decline. To my surprise, as I have reached my mid-70s, I find that I have begun to worry less about it. I also have found that the less I worry about how well my memory is working, the better it seems to work. I think I might have stumbled on one of the secrets to successful aging: to appreciate the memory capacity that I have. The more I relax and make peace with my memory, the better it seems to function.

I thought I might share some of the discoveries I have made about my memory as I have thought about it over the last decade or so. I am certain each one of you has made your unique memory

Upcoming Events

Feb. 2–Apr. 15, Tax-Aide program

April 6, Virginia Tech "Big Event" (p. 4)

April 16, AARP meeting, "Town Hall" with Jerry Niles

April 24, Community Foundation, "Give Big NRV"

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April 24, 2019



GiveBigNRV encourages charitable giving in the New River Valley to dozens of nonprofit organizations serving our region. The giving website allows donors to give easily and securely online to their favorite nonprofit organization or to any of the endowed funds of the Community Foundation of the NRV.

AARP Blacksburg sponsors GiveBigNRV.

To give on giving day, go to cfnriv.givebig.org.

Remember to bring your plastic bags to the Community Center for recycling.

Remembrance of friends who died in 2018

In our February AARP newsletter and in many newsletters before that, we'll find pages filled with lovely and flattering pictures of our AARP family. We were seen through the eyes and camera of our dear friend, **Peter Magolda**, who passed away suddenly on January 2. He was a professor emeritus at Miami University of Ohio, who during his retirement, devoted significant time to his many passions and interests: music, photography, bird watching, politics, and travel. Peter was a board member of our AARP chapter and worked on political issues on our behalf. He was a kind and gentle man—big old teddy bear, and we will miss him.

So today, with the thoughts of how teddy bears and other stuffed animals may have comforted us in our childhood, including these two special bears saved for us by our mothers who knew someday they'd help with an AARP program, we remember 16 of our loving and faithful friends.

Curtis Finch died on January 20 after a long illness. A Penn State graduate, earning his doctorate in education in 1969, Curtis was designated an Outstanding Alumnus of the college just 20 years later. He was a Virginia Tech Professor Emeritus, and a retired Lt. Colonel in the US Army Reserves. A fan of vintage Corvettes, Curt and Karen drove off from their 50th anniversary celebration in a 1972 red Corvette, reminiscent of the 1957 red Corvette that had whisked them away from their wedding reception. Curt was 79.

James Owen died peacefully at home with his family on January 31. He was a stalwart Hokie fan and a competitive bridge player in a group formed over 50 years ago by members of the VT English and Math departments. Jim had joined the English Department in 1957, and over his 35-year career he was often recognized for teaching excellence. In 1987, Governor Baliles presented him with the Commonwealth's highest honor for teachers in higher education, the Outstanding Faculty Award. Jim was 92.

Curtis Roane passed away on February 10 at his home in Warm Hearth Village. Curtis was professor emeritus of Plant Pathology, Physiology and Weed Science at Virginia Tech. He and his dear wife Martha, who predeceased him, loved bird watching, identifying fungi, chasing trains, and Boy and Girl Scouting. He was a member of the Blacksburg Presbyterian Church and a regular at the Blacksburg Sports Club luncheons and the Christiansburg IHOP. Curtis was 96.

Joseph Fontenot passed away on April 17. Joe joined the Departments of Animal Science and Biochemistry at Virginia Tech in 1956 and retired 40 years later. He served in many leadership roles in professional organizations, including president of the national American Society of Animal Science. He traveled extensively, usually with his wife Eula to whom he was married 71 years. He served in many roles at St. Mary's Catholic Church and was a proud Pioneer season ticket holder at Lane Stadium. Joe was 90.

Marylou passed away on April 29. She loved Blacksburg, where she and her family moved in 1963, often proclaiming that the

Lord blessed Blacksburg as "Heaven on Earth." She loved bright pink, from her lipstick to her flowing ribbons painted on the sides of her car. She ran her own firm, Marylou Limited, Realtor, until retirement in 2007, and happily volunteered constantly for many civic organizations, including selling tickets at the Lyric Theatre well into her 87th year. She was 87.

T.O. Williams III passed away on March 10. After completing the duties as Drum Major in the Virginia Tech Corps of Cadet's Highty-Tighties in 1959, T.O. went on to an illustrious career with the U.S. Air Force, retiring as Base Commander at Kelly Air Force Base in San Antonio with the rank of Colonel. T.O. brought his experience to the civilian world, serving in positions such as the Montgomery County Public Schools Director of Personnel to Chairman of the Board of Directors, Virginia Tech Corp of Cadets Alumni. T.O. was 80.

James "Rick" Ellison died peacefully at his daughter's home on June 14. A graduate of the University of Texas at Austin, he was a chemical engineer in the petroleum industry who transitioned to computer engineering when the first computers appeared in oil refineries. Over the years, Rick was an avid gardener, amateur photographer, and Civil War re-enactor who collected period medical instruments and manuals, now donated to Virginia Tech. Rick was 90.

Earl Neal Boyd died June 16 at the Crossings. He served in the Army during World War II and went on to earn his Ph.D. in dairy technology from Ohio State. After working in the private sector and for the US Department of Agriculture, Neal came to Virginia Tech in 1968 as the first head of the Department of Food Science and Technology. He was an avid Virginia Tech sports fan and this past year attended almost all of the men's and women's basketball games. At age 90, he shot an 88 in golf. Neal was 95.

John Hosner died on September 13, after the first and only night he had ever spent in a hospital. He was the professor emeritus and honorary founding Dean of the College of Natural Resources and Environment, originally known as Forestry and Wildlife. As a devoted runner, John set records in his age group during every decade in which he ran both nationally and internationally, exciting the Blacksburg running community when he set the world record for the indoor mile at the age of 75. John was 93.

Helen Miller passed away on September 22. She was the secretary and office manager for the Virginia Crop Improvement Association until her retirement in 1982, beginning a second career as a world traveler. One of the notorious "Golden Girls" supporters of Virginia Tech women's basketball, Helen was also a dedicated New River Valley Mall morning walker and a long-time member of the Blacksburg Baptist Church. Helen was 100.

Marshall Marchman passed away on October 5. When she and Jim moved to Blacksburg in 1968 for Jim's faculty position at Virginia Tech, Marshall taught sixth grade at Margaret Beeks Elementary School until the couple adopted two infant daughters. After the twins began public school, Marshall returned to teaching, retiring as a Library Aide in 2010. She was active at Blacksburg Baptist Church, using her musical talents playing piano and playing in the church bell choir. Marshall was 74.

George Allen, Jr., passed away on October 8. George served in the Army Air Corps during World War II and after receiving degrees from Virginia Tech and Montana State University, he served as a County Extension agent and an Extension Sheep Specialist in the VT Animal Science Department. During his 35 years of service, retiring as Virginia Tech Professor Emeritus of Animal Science, he received many recognitions including membership in the Virginia Livestock Hall of Fame. George was 95.

Edith Carter passed away on October 14. She played an active role in musical activities of the New River, playing the violin or viola with the New River Strings and with the New River Valley Symphony Orchestra. Many area children and adults started lessons on string instruments under Dr. Carter's direction. Edith received her doctorate from Virginia Tech and taught at New River Community College and Radford University. She was 82.

Ellen Coale passed away on October 28. An accomplished woman with a significant work ethic, Ellen served her community with her whole heart. Her joy for life was contagious and her laughter was well known. Many enjoyed her company at the Blacksburg Sports Club lunch table. Ellen and husband Charlie were married over 59 years, and a scholarship in her memory has been established in his department, Agricultural Economics, at Virginia Tech. Ellen was 82.

Juanita Wightman died on December 18 at her home after battling cancer and dementia for nearly five years. Juanita was a long time member of Blacksburg United Methodist Church and taught third grade Sunday School for 20 years. Monday nights eating out with friends at McDonald's and lunch at the Blacksburg Sports Club were weekly must-attend event as well as playing Canasta once a month. She and Jim, her husband of 62 years, enjoyed summers at their cabin in Gloucester County. Juanita was 83.



While we may have been comforted by soft and faithful toy animals in our childhood, may these toys, presented in memory of sixteen loyal and loving and faithful friends, the last—a teddy bear for Peter—bring comfort to children in our community. All will be donated to the Women's Resource Center, to children of families who have experienced domestic violence. Today we share a little love in little packages. Amen

president's message, continued from p. 1

discoveries as well. Think about your relationship with your memory as you read along and add your wisdom to this list.

The most important thing I have learned about my memory health in successful aging is that I must keep a positive attitude toward my memory. More recently I have begun to look for positive and complex examples of my memory performance like recalling a special family occasion or trip or relating the thesis of an important book or article I have read. Giving yourself credit for remembering these complex scenarios will balance your feelings the next time you momentarily forget the name of someone you know well. When you do face a memory challenge like forgetting someone's name, relax, keep faith in yourself that it will come to you later in the day, tomorrow, or Monday of next week. When it does come to you, and it will, smile at the accomplishment. Your memory has been hard working on recalling that name for you as your daily activities went.

Quit or at least reduce multitasking. Nothing causes more disruption of memory than multitasking. Try organizing and structuring your life to do one thing at a time. Ok, maybe two but never three. If you have the stove on or water running, definitely do only one. Remember, most of us are retired. What's the rush?

One characteristic of a good memory that does not fade during the aging process is our ability to be selective. With age comes wisdom and with wisdom comes a sharpened ability to remember what is important to you. In fact, there is some research evidence that shows that our demographic is actually better at remembering more essential information than those from a significantly younger population.

Finally, look for ways to be good to your memory. This is not cheating. It is being prudent. Help it with all the little tricks you have learned over the years. Make your lists, put your keys in the same place, buy at least 4 pair of reading glasses, write post-it notes, take pictures with your cell phone of things you want to remember, send yourself emails with essential information, and when someone whispers a word to you that is stuck on the end of your tongue, smile and say thank you. Be a memory helper for others when they with need a little help.

Thus, for your successful aging homework for the month of March, enjoy the marvels of your memory. Notice when it works well and brings you recollections of the good things that have happened to you over your life. Give yourself a pat on the back when you slip in to your old ways of multitasking and you don't forget to take the grocery list or your cell phone with you. And when you encounter one of those inevitable memory challenges, relax, smile, and accept it, you have earned that privilege.

See information on page 5 about two memory classes offered by Virginia Tech.

Meet New Board Member Judith Jones

I was born and grew up in Richlands, Virginia, the daughter of a coal miner and a homemaker/hospital worker. I was very proud of my father's service in WWII in the Battle of the Bulge and my mother's work at the Radford Arsenal building munitions for the troops.

My parents created a loving, hard-working family, and I adored them. During the summers, I was fortunate to spend time visiting my aunt who lived on a farm in West Virginia and who was an avid 4-H leader. I now realize that my mother planned all this! My aunt would take me to 4-H events and summer camp where I learned so many new and exciting things. My eyes were opened to a world of possibilities, and, to this day, I credit 4-H with steering me to go to college. At the age of fourteen, I started working in the office at the local hospital after school, on weekends, and during the summers. I remember my parents taking me to the Tazewell County Courthouse to



obtain a work permit. The hospital administrator, for whom I worked, took an interest in giving me more and more challenging tasks to do and encouraged me to go to college and study business. Little did I know that I would hold some type of paid employment for the next 47 years and love every minute of it.

My first college was Clinch Valley College in Wise, Virginia, a two-year branch of UVA, now known as UVA-Wise, where I majored in business administration and was the only female in the program. That was tough, and it made me very tough. The first day of accounting I walked into the classroom, and the male teacher asked me what I was doing in his class. I replied that I was registered for the class. He said there must be some mistake because I belonged in secretarial science. I sat down without saying a word. On a major project on which I had no errors, he had marked it 99 in red ink. He handed it to me and said, "I'll be damned if I'll give you 100."

Later in life, after I earned my bachelor's degree at Radford College, a master's degree at Virginia Tech and my Ph.D. at UNC-Chapel Hill, I thought of him and smiled...no, maybe I guffawed. He had only a master's degree. My work experiences after college included teaching and coaching in public schools and working as a federal grants writer and administrator. As a public school teacher in Chapel Hill, North Carolina, I was appointed Title IX Coordinator and plunged into seeking equity for girls' sports. Then, I was fortunate to begin working at Virginia Tech where my jobs included Coordinator of Disabled Student Services, Director of Equal Employment Opportunity/Affirmative Action, Assistant Provost for Extension, and Associate Director of Virginia Cooperative Extension. During the year before I retired, I was privileged to serve as Interim Extension Director and Associate Dean in the College of Agriculture and Life Sciences.

My volunteer activities have been as varied as my work experiences. I chaired the Legal Defense Committee of the NAACP, for

which I was awarded and cherish the Fight for Freedom Award. I served on the Montgomery County School Board, the New River Valley Friends of the RSO, the Virginia Tech Retirees Association including two terms as president, the BHS Athletic Boosters Board, University Club Board, Blacksburg Sports Club Board, served as assistant treasurer of Montgomery County Christmas Store, and was President of the national Journal of Extension Board. In 2016, I was awarded the Women in American History award by the DAR for lifetime achievement. I am an elder in Blacksburg Presbyterian Church and a Virginia Master Gardener.

I thoroughly enjoy serving on the program committee for the Lifelong Learning Institute. I get a real charge out of talking my friends into doing courses, and I must say I have recruited excellent instructors. During the last three years, I have served as District Director for the Daughters of the American Revolution in honor of my fourth great grandfathers, Charles Kilgore (Battle of King's Mountain), Joseph Culbertson and Joel Ramsey. I am thoroughly enjoying serving on the board of Blacksburg AARP as Program Committee Chair.

My husband Roy and I have five grown daughters, Britt, Ingrid, Meredith, Jennifer and Katherine, and five grandchildren with another one due in July. We are very proud that all five daughters have bachelor's degrees, two have master's degrees, and a third is working on her master's. Roy and I enjoy camping in our little Scamp camper and traveling to Italy nearly every summer. At some point, we will slow down, but not yet.

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The "Big Event": Virginia Tech April 6

Saturday, April 6

Submit a job request here:

<https://registration.vtbigevent.org/jobrequest>



The Big Event at Virginia Tech is a student-run community service effort that has grown into the 2nd largest event of its kind in the nation. Every spring, thousands of students, faculty, and staff come together to complete hundreds of community service projects throughout Blacksburg, Christiansburg, and the New River Valley.

Projects are completed regardless of need or socioeconomic status; instead, it is The Big Event's goal to simply say, "Thank you." Seeded in our university's motto of *Ut Prosim* (*That I may serve*) students and community members come together for a truly unparalleled experience. The Big Event: "One Big Day. One Big Thanks."

Homeowners might like help with painting, garden preparation, moving outdoor furniture, and the like.

1. Legislation on redistricting—SUCCESS!

Ending gerrymandering. The General Assembly has passed the first crucial step by approving legislation reforming the way Virginia draws its legislative district maps. This took place as a result of terrific bipartisan support within the Assembly.

First let's review some first events before their vote. A federal court (Eastern District) had previously given final approval to redraw the election maps to be used in the upcoming General Assembly primaries. These maps were drawn by an OUTSIDE court-appointed expert. Some in our Assembly did not agree with the maps. As a result, our House and Senate developed two separate bills calling for a constitutional amendment that would create a hybrid commission of eight legislators and eight citizens to re-draw other maps. After frequent and much bipartisan discussion, they agreed to recommend an amendment to the Virginia Constitution. This action was intended to reform the current map process which allowed the political parties when in power to draw the maps solely for their benefit.

This action will require another vote by the General Assembly in their next session (Jan–Feb 2020). If approved it will be



submitted to the Virginia voters in the November elections also in 2020.

We still have a long way to go for implementation of this plan. It is so important as it will give our voters more control in selecting their representatives. Your support will be required to convince our legislators to vote for the above actions again and to insure you vote in support of the plan in November 2020. IT'S A MUST!

2. New scam: Phone call reporting fraudulent use of your Social Security Number. It works like this. A telephone call to you saying that your social security number is being used for illegal purposes and legal action will be taken against you. To make it official the caller will ask you to check your caller ID as it will show the official number of the Social Security Office (800-772-1213). The scammers can do this as a result of their electronic technology. If you don't have caller ID, they will give you the number and tell you to call it later. At that point they will ask you for your social security number so they can record it on their files and then they will notify the police on your behalf.

Unfortunately, many people give them their number and then they can use it to file fraudulent tax returns and to open credit card accounts and use it in other ways for their benefit. Never give out that card number! What you should do immediately is to contact the Social Security fraud hot line (800-269-0271) and report this matter to them.

Contact Adult Day Services at Virginia Tech to register 540-231-3161

MEMORY
Masterclass

Memory Masterclass When: M/W 4pm-5:30pm March 25th -May 1st Where: Hahn Horticulture Gardens Cost: \$75 for 6-week course on practical lifestyle strategies you can implement to support brain health.	Brain Engage When: Monday/Wednesday March 25th-May1st, 2pm-3:30pm Where: Hahn Horticulture Gardens Cost: \$75 for 6-week course exploring strategies for living a cognitively engaging lifestyle.
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Memory Masterclass is a six-week course on practical lifestyle strategies that you can implement to support your brain health. In the class we will learn about proper diet, beneficial exercise, good sleep habits, stress management, and ways to get your brain engaged. It is never too late to invest in your brain health. Even if you are noticing changes, research shows that lifestyle strategies can help you keep your brain working as long as possible.

In **Brain Engage** we explore strategies for living a cognitively engaging lifestyle. This six-week course will dive into the benefits of leisure activities, brain games, and mindfulness practices. Together we will try several new stimulating activities and develop a lifestyle that is brain engaging. This course is a launching pad to staying involved and keeping our brains fit.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. 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 am.

Chapter Officers 2019

- President • Jerry Niles, niles@vt.edu
- Vice President • Don Creamer, dgc2@vt.edu
- Secretary • Pat Hyer, hyerp@vt.edu
- Treasurer • Pat Ballard, pballard@vt.edu
- Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

- 2019—Tamara Hodsdon, Peter Magolda, Jim Montgomery, Wanda Smith
- 2020—Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham
- 2021—Doug Feuerbach, Judith Jones, Lisa Moose, Leslie Pendleton

Newsletter editors: Carolyn Rude, Sandra Griffith

Weather Policy

The Blacksburg chapter follows the weather policy of Montgomery County schools. If schools are closed, the chapter will not meet. If the school opening is delayed, the chapter will will meet.

AARP Website www.blacksburgaarp.org





Blacksburg Chapter #2613
 Jerry Niles, President
 P.O. Box 10082
 Blacksburg, VA 24062

**Nonprofit
 Organization
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Blacksburg Chapter  Member Application for 2019

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Annual (Calendar Year) Dues: **\$15.00** (includes spouse or partner)

New ___ Renewal ___ 90+ years old (free) ___

Please consider an additional donation to support our AARP chapter and its projects. \$10___ \$25___ \$50___ \$100___ Other \$___

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
 Mail the check and this form to: .

AARP Blacksburg Chapter • P.O. Box 10082 • Blacksburg, VA 24062