



March 2011
Vol. 28, No. 3

<http://civic.bev.net/aarp>

March 15 Chapter Meeting: **Interfaith Food Pantry & Retired and Senior Volunteer Program (RSVP)**

Our March chapter meeting will be held on Tuesday, March 15 at the Blacksburg Community Center on Patrick Henry Drive. As usual, you are welcome to bring a bag lunch at 11:30 am and join friends in friendly conversation. Drinks are provided.

At noon the program will feature two important organizations with which our AARP chapter partners: the ***Blacksburg Interfaith Food Pantry*** and ***Retired and Senior Volunteer Program (RSVP)***.

You are requested to bring food items for the Food Pantry. There is a list of items in high demand in an article on page 2 of this newsletter, but canned goods are always welcome. Our chapter does an exceptional job of bringing items.

For a more complete story on each of these organizations, please see page 2 of this newsletter.

“Thank You” from the Free Clinic

After last month's informative presentation on the Free Clinic of the New

River Valley, we received the following thank you note:

“I want to thank you so much for the opportunity to speak o your chapter It is always a delight to speak to an audience who is enthusiastic and truly interested in the Free Clinic mission. I want to also tell you how much we appreciated the donation of supplies to our Medical Department

Sincerely, Michelle Brauns”

As you may recall, there were some technical problems showing a new video about the Free Clinic. The video is now available on the Free Clinic website at <http://www.nrvfreeclinic.org> so you can go online and watch it.

**Daylight Savings Time begins
on March 13 -- remember to
change your clocks!**

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.

PO Box 10082

Blacksburg, VA 24062

<http://civic.bev.net/aarp/>

From the President

We had a successful February 15th meeting with a table top presentation on the Montgomery Museum. Michelle Brauns had a major presentation on the Free Clinic of the New River Valley. Both of these organizations are doing excellent work. In addition, both organizations hosted the board members and committee chairs on February 1st. The Free Clinic provided a tour and the Museum provided a meeting location for the board and chairs. For the majority of board members and chairs it was their first visit to either agency.

The chapter is continuing its programmatic theme on our partners and the many contributions they make to our community. Our partners help heal the sick, feed the hungry, educate those who thirst for knowledge, and provide assistance to those who cannot always help themselves. For whatever reasons, both the state and federal governments are in the process of making different priorities than those of our partners. While we all pay taxes, for those of us who can afford to do so, this would be a good time to supplement our tax dollars with personal contributions to our partners. I cannot remember a time when the need was greater.

John Hillison

Interfaith Food Pantry

The Blacksburg Interfaith Food Pantry was begun in October 1987 by several local churches to provide food to the needy in the Blacksburg and McCoy areas.

It has grown since then—in the beginning it served about 100 individuals each month, currently it serves almost 900 individuals each month. The Pantry is located in a house behind Blacksburg Baptist Church. The Pantry is a cooperative effort run by about 17 area churches, with help from supermarkets, civic clubs, businesses, fraternities and sororities, local schools, various food drives (especially the U.S. Postal Service), as well as numerous individuals. Volunteers from various churches staff the Food Pantry.

Recipients must have income less than twice the poverty level and can come once each month to receive food and other goods valued at \$150-200. Large families receive larger amounts.

Donations of any kind are always welcome, but some of the ongoing and greatest needs include:

canned meats	canned fruits
spaghetti	spaghetti sauce
macaroni	pudding mixes
toilet paper	bar soap
washing detergent	

Money is always welcome to be used to buy items in greatest demand. There are no administrative costs or overhead other than a phone bill, so almost all contributions go to feeding the needy.

Fredda Cromer, with assistance from Vern Simpson, directs the work of the Food Pantry. The phone number is 951-8134 if you have questions, or go to the website located at <http://interfaithfoodpantry.org>

RSVP or Retired and Senior Volunteer Program

The Retired and Senior Volunteer Program of Montgomery County and Radford (RSVP) invites adults aged 55 and over to use their skills and life experiences to answer the call of their neighbors in need.

RSVP volunteers serve part-time, helping through a variety of local non-profit organizations, agencies, and institutions that are designated as volunteer work stations.

RSVP is funded by the Corporation for National and Community Service and the Montgomery County Government.

Contacts:

Angela Little, Program Director
Mandy Hayes, Program Coordinator
210 S. Pepper Street, Suite D
Christiansburg, VA 24073
(540) 382-5775

March 13 time changes!

New River Valley Agency on Aging

Tina King, Executive Director

Have you ever experienced true hunger, the gnawing physical feeling of an empty stomach? Some of us have experienced this on a very limited, short-term basis. However, each day in America, it is projected that over six million older adults face hunger. This hunger is not short term. It occurs day after day. The causes are multiple. Due to lack of resources many older adults are forced to choose between buying food and needed medications. Others simply lack the functional ability to shop and/or prepare food.

The Agency on Aging has nutrition services that help adults aged 60 and above residing in the New River Valley. The services are not just for those struggling economically, but are also for those who are struggling with health and functional issues that impair their ability to secure a complete nutritious meal on a regular basis. For those who are confined to their home due to functional impairments and who are unable to secure a nutritious meal on a regular basis, the Agency provides meals delivered to the home. In most cases, hot meals are delivered which also provides a good opportunity to ensure the recipient's wellbeing. In more remote areas, high quality frozen meals that can be heated in the oven or microwave are provided. Persons with income over the poverty level pay for meals on a sliding scale fee basis after deductions are given for out of pocket health insurance and medical expenses. Meal charges range from \$.66 to \$6.65 per meal. A second option to obtaining tasty and nutritious meals is the Agency's Friendship Café service. This option is for persons who are functionally able to leave their home. Three times a week, a group of senior adults meet for meals, socialization and programs of interest. Transportation is provided for those unable to drive. There are multiple Friendship Cafés throughout the

Counties of Montgomery, Pulaski, Giles, Floyd and the City of Radford. While there is no charge for this service, contributions to expand service ability are welcomed.

The AARP Foundation is working to identify solutions to the growing problem of hunger in older Americans. In the meantime, they are launching initiatives that address some of the issues, such as outreach to provide information on food programs and encouraging enrollment in the SNAP(Supplemental Nutrition Assistance Program) for those who qualify.

Locally, you can help by spreading the word about the Agency on Aging nutrition services. We do not currently have a waiting list in either the home delivered service or the Friendship Café program. This in part is because many who need the meals simply do not know the assistance is available. In many areas across the state and nation there is often a waiting list for the home delivered meals programs. For more information on nutrition services call the Agency on Aging, 980-7720 or toll-free from the Shawsville area, 1-866-260-4417.

The New River Valley Agency on Aging is also interested in hearing from you as we begin planning for our 2012 program and fiscal year which begins October 1, 2011. The 2012 Area Plan will allocate resources provided primarily under the Older Americans Act. The Agency's service area includes the counties of Montgomery, Floyd, Giles, Pulaski, and the city of Radford. A first draft of the 2012 budget and Area Plan will be prepared after the "planning figures" are released from state and federal funding sources in the spring. Once a draft plan is ready, the Agency will schedule a time for public comment before submitting it to the Virginia Department for the Aging for approval.

For more information or to send comments on how you believe resources need to be allocated, e-mail us at [nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org) or write to NRV Agency on Aging, 141 East Main Street, Suite 500, Pulaski, Virginia 24301.

Create the Good

Sally Anna Stapleton
Create The Good Organizer

The “Ides of March,” “March Madness,” “In like a Lion, out like a Lamb” – all these are phrases that have described the month of March. It is that period where we see the signs of winter disappear and the first signs of spring begin to push up. It can be an exciting time, the hint of warmth, sunshine and growth. We might beginning the preparation of spring chores and our minds turn to the anticipation of warm weather and daylight savings time; daylight savings making us feel like we have more time in our days.

Put that time to good use – go to the AARP volunteer website located online at www.createthegood.org, or contact RSVP (382-5775) and find a way to give back to the community. Five minutes, five hours, five days - please give back. A five-minute opportunity is to bring a food donation to the March 15th AARP meeting for the Blacksburg Interfaith Food Pantry.

Looking ahead to April, AARP is partnering with Feeding America Southwest Virginia and Kroger Food Stores as part of the **DRIVE TO END HUNGER** where we live. The AARP Blacksburg Chapter has adopted the three stores within our chapter area, two in Blacksburg and one in Christiansburg, and we are looking for volunteers to "work" the information table in each of these three stores on Friday, April 1 (12 noon – 6 pm) and Saturday, April 2 (8 am – 2 pm). Volunteers will be asked to "work" in 2 or 3 hour shifts at the 'Drive To End Hunger' table; greet customers, hand out fliers and encourage people to buy a 'virtual' box of food at the check-out counter.

If you would like to be part of this very worthwhile opportunity and give a couple of hours of your time, please contact the Create The Good Organizer, Sally Anna Stapleton at 552-0505 and volunteer!

Driver Safety Course Scheduled for May 5 & 6

If YOU ARE OVER 50 AND DRIVE A CAR it's now time to pre-register for the AARP Driver Safety Course being offered in early May at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up soon.

The course will be held on Thursday and Friday, May 5 and 6 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 AARP and Community Center, 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.

Call for Award Nominations

The Chapter Awards Committee calls your attention to both the Chapter Service Award and the Community Spirit Award given annually to two deserving chapter members.

Please submit your nomination(s) for one of both awards along with a brief statement of the person's contributions to Juanita Wightman, 1300 Westover Drive, Blacksburg, VA 24060 or by e-mail to Wightman@vt.edu

Receipt of nominations by May 1 will expedite the selection of awardees.

Recent award winners for the two major awards are:

Year	Chapter Service	Community Spirit
2006	Carl McDaniels	Connie Anderson
2007	Jim Gaines	Ben Crawford
2008	Jo Ann Underwood	Carl McDaniels
2009	Dale Oliver	Paul Smeal
2010	Ken Dawson	Jim Wightman

Financial Report

Balance at end of January	\$5,183.07
Debits	
Printing	\$253.58
Postage	35.91
Total	\$289.49
Credits	
Memberships	\$225.00
50/50 Drawing	27.00
Interest	.23
Total	\$252.23
Balance at end of February	\$5,145.81

Membership Report

Prepared January 28, 2011

Member Profile

Category	Count
2012 Members	4
2011 Members	245
2010 Members	22
Life Time Members	46
Life Members	9
Comp Members	18
Honorary Members	4
Total Membership	348

Membership committee:

Jim Wightman (chair), Sue Farrar, Don Creamer, Tom Alston

Walking: the Fountain of Youth?

Su Clauson-Wicker

Walking is the exercise that needs no gym, the tranquilizer without a pill, the therapy without the bill. Some folks have even compared it to the fabled fountain of youth. If you are able to walk, you should make time to do it.

A recent study at the University of Pittsburgh using data from 34,485 seniors over 65 indicates that the faster (and more aerobically) you walk, the higher your life expectancy. Walking may predict survival because it requires energy and muscular control as well as exertion of the heart and lungs, the researchers said in a paper published in the Journal of the American Medical Association.

Earlier studies have already given evidence that fast walking improves your memory, decreases your blood sugar level, and lowers a woman's likelihood of developing breast cancer, especially if you clock a mile in 15 minutes or less. Walking at this pace is said to encourage your body to secrete more growth hormone, strengthening your bones. As you walk, your circulation speeds up and your heart rate and blood

pressure go down.

There's another good reason to get the pace up – it makes you feel good. Great, in fact. Walking, like all aerobic exercise, raises your level of beta-endorphins – the feel-good hormones. Keep up the pace for 20 minutes or more and you'll walk yourself into an exercise high.

Almost anyone can start a walking routine. But it's a good idea to check with your doctor first – especially if you have any questions about your heart, lungs, or bones, or if you have diabetes or arthritis.

And remember to warm up and cool down. Happy trails to you.



AARP Chapter 2613
March 1, 2011
Board Minutes

Call to order--President John Hillison called the meeting to order at 10:00.

Officers Present: President John Hillison, Vice President Don Creamer, Treasurer Brian Allen, Secretary Virgil Cook

Board Members: Tom Alston, Sue Farrar, Mary Ann Hinshelwood, Jim Montgomery, June Schmidt

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, Nancy Eiss, Curtis Finch, Margaret Kates, Carl McDaniels, Edd Sewell, Sally Anna Stapleton, Jim Wightman, Juanita Wightman

President John Hillison distributed a list of committees. June Schmidt added the Jim and Lenna Moore award to new business.

Approval of February 1 Minutes--Don Creamer moved that the minutes be approved. The motion passed.

Treasurer's Report--Brian Allen. Balance at the end of January: \$5,183. Balance at the end of February, \$5,105. Brian distributed the annual report that he sent to the Washington office. The report shows how much we received and how much we spent in 2010. Don Creamer moved that the report be received. The motion passed.

Officer reports--President John Hillison. John shared items from the chapter's annual Census and Activities Report. One item is volunteer hours, for which a column is provided. VCOM agreed to the chapter's 7% penalty for recipients who failed to become gerontologists.

Committee Reports

Health--Larry Alexander distributed a copy of the latest *Home Sweet Home* Newsletter on living alone. He also stressed the importance of exercise

Membership--Tom Alston. The total membership is 348.

Jim Wightman suggested that we check the list of those who have not paid their dues and that we contact them to determine whether they plan to renew their membership.

Jim noted that we have an opportunity on April 2 from 10:00 to 3:00 to recruit new members at the Annual New River Valley Mall's Women's lifestyle Expo. He solicited help staffing a table.

Public Relations--Nancy Eiss. The paper did announce the march 15 chapter meeting.

Legislation--John Hillison. Dan Fleming has resigned his position as chair of the Legislation Committee. Ben Crawford has agreed to serve in Dan's place. The General Assembly passed the state budget unanimously.

Programs--Carl McDaniels. Carl Read a letter from Michelle Braun thanking the chapter for the opportunity to speak on the Free Clinic. The March 15 program will feature RSVP (Retired and Senior Volunteers Program) and the Interfaith Food Pantry. Attendees are asked to bring donations of nonperishable food.

Following the April meeting at Warm Hearth, members will have the opportunity to tour the facility.

Carl then stressed the importance of the white-elephant sale at the picnic, which makes a considerable amount of money for the chapter.

Newsletter--Edd Sewell. Edd questioned whether he should include the treasurer's report information because of duplication from the minutes. The board agreed to exclude a separate item on the treasurer's report in the newsletter but to put it on the Website.

Chapter Awards--Juanita Wightman. Juanita called attention to both the Chapter Service Award and the Community Spirit Award given annually to two deserving chapter members. She distributed a list of the recipients from 2006 through 2010. She would like to get the list of nominees in before she and Jim leave for the summer around May 1.

Caring--Margaret Kates. Margaret sent out several cards. John Hillison noted the death of one of our members, Karen Cronin.

Driver's Ed--Curt Finch. Curt distributed flyers on the upcoming course to be held on May 5 and 6. Nine people have registered. There will also be a course on July 12-13.

History--Doris Abraham. Doris is keeping all newsletters and pictures. She invited members to share pictures.

Hospitality--John Hillison. Sue Farrar will help with the Christmas luncheon. The luncheon will take place on December 13 at Custom Catering. We will need an auctioneer at the picnic.

Create the Good and Community Services--Sally Anna Stapleton. Create the Good is working with Feeding America Southwest Virginia and Kroger to promote the program in March and April, the Drive to end Hunger. The program is tied in with driver Jeff Gordon's Drive to end Hunger car in the NASCAR race at Martinsville on April 3. On April 1-2, We need AARP volunteers to staff tables at the three Kroger stores in the area. They will hand out flyers and encourage customers to buy virtual boxes of food. We will take pictures of the displays at the sponsoring stores to send to the state office.

Sally Anna reported that Ben Crawford attended a recent meeting of the Radford AARP chapter. Janice Bernard of the Agency on Aging gave a disturbing report on elder abuse. There were 521 reported cases of elder abuse in Montgomery County in 2009. The report rate may be as low as 15 or 20%. Carl McDaniels will try to get Ms. Bernard to speak at a future, chapter meeting.

Retirees--Margaret Kates. The spring luncheon will take place in April.

New Business

The Jim and Lenna Moore Award--June Schmidt. June outlined the history of the Jim and Lenna Moore Award. She will be working with the German Club on the presentation of this year's award.

Steppin' Out--Jim Wightman raised the issue of the \$50 fee at Steppin' Out. No one made a motion to pay the fee.

Announcement--John Hillison. John raised the issue of weather policy. The Rec Center is closed when the schools are closed. John expressed his preference that we cancel meetings when the center is closed. An

exception might be off-site meetings at places such as VCOM.

Advisory Council--John Hillison. VCOM Dean Dixie Tooke-Rollins has asked that we appoint an advisory council for VCOM. VCOM believes that the amount of the scholarship will grow. We could advise about services that VCOM could provide seniors--visiting in homes and helping with medication taking blood pressures, and identifying problems.

Adjournment--The meeting was adjourned at 11:35. Respectfully submitted: Virgil A. Cook, Secretary

2011 Officers, Board Members, and Committee Chairs

Officers

President	John Hillison	johnhillison@comcast.net
Vice President	Don Creamer	dgc2@vt.edu
Secretary	Virgil Cook	vcook@vt.edu
Treasurer	Brian Allen	mballen@prodigy.net

Board of Directors

Class of 2011

Don Creamer, dgc2@vt.edu
John Hillison, johnhillison@comcast.net
Sue Farrar, suefarrar@verizon.net

Class of 2012

Mary Ann Hinshelwood, mah@mahinshelwood.com
June Schmidt, schmidtj@vt.edu

Class of 2013

Tom Alston, tpalston@gmail.com
Jim Montgomery, jhmontgome@verizon.net
Juanita Wightman, Wightman@vt.edu

Committee Chairs and Appointees

AARP of Virginia	Ben Crawford	ben.crawford@vt.edu
AARP Driver Safety Course	Curt Finch	cfinch@vt.edu
Assoc. Treasurer	Judy Sewell	judysewell@verizon.net
Caring	Margaret Kates	
Chaplain	Sandy Birch	birch@vt.edu
Chapter Awards	Juanita Wightman	wightman@vt.edu
Financial Planning	Dale Oliver	jdoliver@vt.edu
Health Care	Larry Alexander	aalexand@radford.edu
History	Doris Abraham	dsta118e@verizon.net
Hospitality,		
Legislative	Ben Crawford,	ben.crawford@vt.edu
Membership	Jim Wightman,	wightman@vt.edu
News Editor	Edd Sewell,	eddsewell@gmail.com
Nominating Committee	Class of 2011	
Program	Carl McDaniels	cmcd@vt.edu
Public Relations	Nancy Eiss	nsjeiss@verizon.net
Create the Good	Sally Anna Stapleton	zulla1947@verizon.net
Community Service	Sally Anna Stapleton	zulla1947@verizon.net
VT Retirees Association	Margaret Kates	

John Hillison, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062

**Nonprofit
Organization**
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Permit No. 32

2011 Member Application

If you are already a member of the Blacksburg Chapter,
please pass this form on to a friend who should become a member.

Membership in the Blacksburg AARP Chapter requires membership in National AARP

Name _____

Spouse (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone ____ - ____ - _____ E-mail Address _____

Annual Membership (based on calendar year)

____ Membership dues: \$12.50 (spouse/partner free)

____ If you are 90 years old or older, do not pay dues – you are a “life member.”

Mail this completed form with a check made out to Blacksburg AARP 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, NW., Washington, DC 20049 or call toll free at 1-888-687-2277.