



AARP Chapter Meeting on November 17 on Geriatric Nursing

## We Are Here & We Are Gray!

Dr. Virginia Burggraf, Professor of Gerontological Nursing at Radford University will be the featured speaker at the regular monthly meeting of the AARP Blacksburg Chapter, Tuesday, November 17 at the Blacksburg Community Center on Patrick Henry Drive.

Her topic will be: **“We are Here & We are Gray!”**

Dr Burggraf writes a monthly column in the Senior News Blue Ridge Edition under the title “Ginger Says.” The role of nurses in the current health care debate makes this a timely topic for our meeting

As usual, we will gather at 11:30 am for a brown bag lunch followed by a brief “Table Top Talk” by Chapter member Pat Ballard, President of the Montgomery County Christmas Store speaking about the scope of this years all volunteer effort.

MEMBERS ARE URGED TO BRING A GROCERY BAG  
of **CANNED FRUIT**  
to support the  
**MONTGOMERY COUNTY CHRISTMAS STORE**

.....

## Annual Holiday Dinner December 8



The annual HOLIDAY DINNER will be held December 8 at the Holiday Inn on Price’s Fork Road. ***Tickets must be purchased before December 3.***

The cost for the dinner is \$15.00 per person. There will be music, good holiday spirit, and, of course, food. Come and enjoy a time of fun and friendship. The dinner will begin at noon.

Tickets will be available at the November 17 chapter meeting, or you can send a check, made out to Blacksburg AARP to:

Curtis Roane  
19 Dogwood Circle  
Blacksburg, VA 24060



### SPECIAL NOTE of CANCELLATION

The Flu Shot Clinic planned for November 17 at the Blacksburg Community Center HAS BEEN CANCELLED due to a shortage of vaccine available from our co-sponsor, Walgreens.

### **BREAKFAST?**

Come join us at 10 am on Monday, December 7, for a great breakfast at the Blacksburg Community Center.

Bacon and eggs are on the menu, but you can bring fruit, muffins, or your favorite accompaniment.

Then you can have your Holiday Dinner on Tuesday, December 8, at the Holiday Inn (see article on this page in the column to the left).

### 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/>

## 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

### *Board of Directors*

#### Class of 2009

Dan Fleming dbflem@vt.edu  
Nancy Eiss nsjeiss@verizon.net

#### Class of 2010

Harriett Cooper chayabrona@verizon.net  
Ken Dawson kedawson@verizon.net  
Joe Fontenot cajunjoe@vt.edu

#### Class of 2011

Don Creamer dgc2@vt.edu  
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 dbflem@vt.edu  
Membership: Jim Wightman wightman@vt.edu  
News Editor & Webmaster: 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

## National AARP Supports Health Reform Bill

AARP National announced, on November 5, support for the passage of HR 3962, the House Health Reform Bill. Reasons given for supporting the legislation include:

- Protecting and strengthening Medicare for today's seniors and future generations of retirees;
  - Ensuring seniors can see the doctor of their choice or find a doctor if they need one by improving Medicare's payments to doctors;
  - Lowering drug costs for seniors by closing the Medicare Part D "doughnut hole" and allowing Medicare to negotiate with drug makers for lower drug prices;
  - Taking steps to reduce waste, fraud, abuse and inefficiency in the Medicare program;
  - Requiring Medicare and insurance companies to provide for important preventive services like screenings for diabetes, cancer and osteoporosis free of charge;
  - Stopping insurance companies from denying you affordable coverage because of your age;
  - Preventing insurance companies from denying you coverage if you have a pre-existing condition or dropping your coverage if you get sick;
  - Limiting how much your insurance company can make you pay out-of-pocket;
  - Providing affordable health insurance options for those who don't have insurance; and
  - Providing benefits to help seniors and people with disabilities live in their own homes and communities by establishing the Community Living Assistance Services and Supports (CLASS) program.
- <--- **See the UPDATE on this bill.**

### **UPDATE on House Vote on Health Reform Bill**

On Saturday, November 7, the Health Reform Bill (HR 3962) passed by a vote of 220 to 215.

Our local congressman, Rick Boucher (D) was one of two Virginia congressmen in the Democratic Party to vote in OPPOSITION to the bill.

Debate now moves to the Senate.

## AARP/Ruritan Food Drive Great Success!



Jim Moore, Susan Anderson and Paul Smeal hold full grocery bags of food representing the bags of good collected in October for local food banks.

Many thanks to all the members who brought over 75 bags of groceries to the October 20 meeting! This significant contribution went directly to the Blacksburg Food Pantry.

This month's goal is to top the 75 bags delivered in October since the need is greater this year at the Montgomery County Christmas Store.

### Financial Report October 2009

Balance September	\$2,989.27
<b>Credits</b>	
Memberships 10/26	\$37.50
50/50 Drawing 10/28	\$38.00
Interest 9/23	\$0.17
<b>Total Credits</b>	<b>\$75.67</b>
<b>Debits</b>	
Kopy Korner 10/15 (for newsletters)	\$125.48
John Hillison 10/22 (postage)	\$125.48
<b>Total Debits</b>	
<b>Balance</b>	<b>\$2,909.94</b>

### Membership Report November 2009\*

2009 Members	242
2010 Members	17
Life Time Members	45
Life Members	7
Comp Members	18
Honorary Members	5
<b>Total Membership</b>	<b>334</b>
Newsletters mailed	220
<b>New Members</b>	
<b>Jane Murley</b>	
<b>Richard Neves</b>	
<b>Committee: Jim Wightman (chair), Sue Farrar, Don Creamer</b>	
*Submitted October 5, 2009	

**Do you want to contact your congressman or senators about health care or any other issue?**

Here's how:

Senator Jim Webb

(202) 224-4024

Senator Mark Warner

(202) 224-2023

Rep. Rick Boucher

(202) 225-3861

You probably will be asked to leave a recorded message.

An elderly gentleman was having some physical problems, so he went to see his doctor. The doctor told the old gent that he had to drink warm water one hour before breakfast.

At the end of a week, the man returned for a follow-up visit to his doctor's office. The concerned doctor asked the old gent if he was feeling better. The man answered that he actually felt worse.

Then the doctor asked, "Did you drink warm water an hour before breakfast each day?"

"No," replied the man, "All I could do was about fifteen minutes."

### New Officers for 2010

President	Brian Allen
1st Vice President	John Hillison
Secretary	Virgil Cook
Treasurer	Judy Sewell
Board Members	Mary Ann Hinshelwood Harriett Damant



## Montgomery County Christmas Store

Christmas is Sharing

**The Montgomery County Christmas Store is in full swing accepting donations, sorting and preparing for the Store to open on December 8.**

The Store is open for donations and volunteers to work every Tuesday and Saturday in November from 9 am to 4 pm. From November 30 through December 5, the Store will be open daily from 9 am to 4 pm.

We are currently on track to have **200 additional families** so donations will be greatly appreciated this year.

Donations may also be made at Northside Presbyterian Church in Blacksburg every Saturday in November between 10 am and 1 pm.

**Montgomery County Christmas Store is open for shoppers  
December 8 through 13.**

**Bring a grocery bag filled with canned fruit  
to the November 17 AARP Chapter Meeting!**

### Did you miss the October AARP chapter meeting?

At the October Blacksburg AARP chapter meeting we learned about a new approach to doing CPR. The new method is called “hands-only” CPR.

The illustration to the right discusses and shows how to administer “hands-only” CPR. This new method does not require the use of mouth-to-mouth.

There are really only two simple steps:

1. call 911.
2. push hard and fast in the center of the person’s chest.

**HANDS-ONLY:** Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn’t need mouth-to-mouth breathing.

**If you see someone collapse ...**

... have someone call 911.

Position unresponsive adult.

Use an automated external defibrillator if available. Keep CPR interruptions to a minimum.



**Begin hands-only CPR** with straight arms and forceful compressions at about 100 a minute.

Lift hands slightly after each to allow chest to recoil.

**Take turns** with a bystander until emergency medical services arrive.

SOURCES: UNIVERSITY OF ARIZONA SARVER HEART CENTER; AMERICAN HEART ASSOCIATION

THE ASSOCIATED PRESS

# News from the New River Valley Agency on Aging

The New River Valley Agency on Aging has received a grant award to help with the development of Aging and Disability Resource Centers (ADRC), in the New River Valley. In Virginia, this is better known as the “No Wrong Door” initiative. The Agency is part of a 3 year grant awarded to the Virginia Department for the Aging from the Administration on Aging. The goal of the ADRC/No Wrong Door initiative is to develop a “seamless” system for aging and disabled adults and caregivers to find, access and link to long term care services and options. The Agency’s portion of the grant will cover the cost of a web-based HIPPA-compliant client database and a comprehensive provider database that will help to efficiently coordinate information and referrals.

We are fortunate in the New River Valley to have private and public providers of services and information that are committed to helping people understand and navigate a complex “long term care” system. Building on this foundation, we hope to facilitate the establishment of processes and formal agreements with providers of health and human services that will aid aging

adults and people with disabilities become empowered to make fully informed choices about their present and future long-term support needs.

In addition to helping consumers find and obtain needed information and services, the “No Wrong Door” initiative will enable public and private service providers to maximize human and financial resource by sharing, within public law and policy for informed consent, customer information and care needs.

This will be a process that will take a great deal of input from many stakeholders. Therefore, an Advisory Committee to oversee the “No Wrong Door” initiative will need to be formed. After obtaining more guidance from the Virginia Department for the Aging, the New River Valley Agency on Aging will be eagerly working with our partners to help establish a virtual single-point-of-entry system so there will be “No Wrong Door” for those seeking public and/or private options to meet their long term care needs.

**Tina King,**  
Executive Director  
of the New River Valley  
Agency on Aging

## **Call for Contributions** *To Honor and Support the Blacksburg Community Center’s Services to the Blacksburg AARP Chapter*

Our chapter has, by tradition, made a generous contribution each year to the Blacksburg Community Center. The Center has graciously provided us with many services, including a regular place to hold our meetings and a facility for our Health Fairs.

Last year, we gave the Community Center \$600, which was earned from the Health Fair. This year we did not have any major fund raising activities. Thus, the Board voted to ask members for personal contributions to raise money for the Community Center.

Please make your check payable to the Town of Blacksburg and note on it that it is for the Blacksburg Community Center. Using this procedure will assure that contributions you make will be tax deductible. All checks should be given or mailed to our Treasurer, Brian Allen.

If you are mailing your check, send it to:

AARP Chapter 2613  
P. O. Box 10082  
Blacksburg, VA 24062.

## Time to renew your AARP membership for 2010!

On the back cover is a form you can use to renew, or to share with someone you know who should be a member. Why not do it at the chapter meeting on Nov. 17?

## Shred-A-Thon

Saturday, November 14th

9:00 am - 1:00 pm

Christiansburg Recreation Center  
front parking lot

Bring in old documents, bank statements, credit cards,  
or anything that has your personal information on it  
and help protect your identity from being stolen.

**NO BUSINESSES PLEASE**



## Then & Now

Then: Long hair.

Now: Longing for hair.

Then: Keg

Now: EKG.

Then: Acid rock

Now: Acid reflux.

Then: Paar.

Now: AARP.

Then: Hoping for a BMW.

Now: Hoping for a BM.

Then: You're growing pot.

Now: You're growing a pot.

NOW, can you come up with  
more Then & Now ideas?

If so, send them to Edd Sewell,  
the newsletter editor, and we'll  
put some in next month's news-  
letter. Email them to:

eddsowell@gmail.com

Then:

Now:

Then:

Now:

## AARP Chapter #2613

### Board of Directors

### Minutes of

November 3, 2009

**Call to order**—Vice President  
Jim Wightman called the meet-  
ing to order at 10:00.

**Officers present**—VP Jim  
Wightman, Treasurer Brian Al-  
len,

**Board Members**—Don Cream-  
er, Ken Dawson, Nancy Eiss, Joe  
Fontenot, John Hillison, Sue  
Farrar

**Non Board Member Com-  
mittee Chairs**—Doris Abra-  
ham, Larry Alexander, Dan  
Fleming, Ben Crawford, June  
Schmidt, Curt Finch, Edd Sewell,  
Carl McDaniels, Margaret Kates,  
Curt Roane.

**Guest**—Cassie Mills, NRV Agen-  
cy on Aging, Joy Herbert.

**Approval of minutes**—The  
minutes of the October 6 meet-  
ing were approved as published.

**Treasurers Report**—Brian Al-  
len distributed the report which  
is summarized below. Balance  
at end of September, \$2989.27.  
Credits, \$75.67, leaving a bal-  
ance of \$2909.94.

The list of previous gifts will  
be discussed at the December  
meeting before deciding what to  
give to community needs. Bri-  
an announced the December 7  
breakfast and clarified the menu  
and helpers.

### Guest Reports

Joy Herbert reported that flu  
shots have been cancelled due to  
lack of vaccine.

Cassie Mills with the Agency  
on Aging introduced a program

*Continued on page 7*

*Minutes, Continued from page 6*

called Telephone Reassurance which will identify vulnerable older and disabled adults to call periodically to see about needs, etc. She asked that a survey be placed in AARP newsletter. After it has some clarifying changes, it will go in the newsletter and also be introduced at the membership meeting.

### **Committee Reports:**

**Awards**—Joe Fontenot announced that they have 5 nominations and are working on selections.

**Caring**—It was reported that Charlotte Beamer and Margo Sebba have been moved to Wheatland.

**Driver Safety**—Curt Finch and Cecil McBride are setting up the schedule for next year. Curt wants to offer 5 courses and asked the Board to identify the months to avoid.

**Financial Planning**—John Hillison announced that he will present the proposed budget at the January meeting. June will write a notice for the newsletter asking for gifts for the Rec. Center. We usually give \$600. (Make sure I have this right. I think I drifted off a minute!!!)

**Health Care**—Larry Alexander gave out the Newsletter and spoke to three points: Angela Little, Director of RSVP and the wonderful work she is doing with many volunteers, Summary of 5 TV doctors, our need to be an advocate for our own health.

**History**—No Report

**Hospitality**—The Holiday Luncheon is December 8 from 11:2:00 at holiday Inn in Blacks-

burg. The cost is \$15 and payment must be received by December 3. Checks may be mailed to Curtis Roane, 19 Dogwood Circle, Blacksburg 24060. Brian Allen offered to help with registration. Harriett Cooper is the liaison for the band.

**Legislation**—Dan Fleming reported that health issues are pending. One version is trying to close the donut hole for next year. 25% fall into the donut hole. We will be paying more for Medicare. The House will negotiate the donut. It is still open for debate.

**Membership**—Don Creamer reported 2 new members. He suggested that we promote membership in the Newsletter. We will stage a membership campaign for November and December.

**Newsletter**—Edd Sewell reported that the website is under development. The newsletter deadline is November 6.

**Nominating**—Nancy Eiss has already reported.

**Program**—Carl McDaniels reported on a good turnout for the candidate forum. He was pleased at how well prepared the candidates were. There were 100 bags of food filled for the food drive. Everyone is asked to bring food or items for the Christmas Store to our November meeting. Jim Wightman thanked Carl for the excellent job of organizing programs for the year and also for keeping the candidates on time.

**Public Relations**—No Report

**State Liaison**—Ben Crawford reported that our AARP chapter was cited for the excellent work this past year.

**VT Retirees**—No report

### **Old Business:**

The result of a recent meeting with VCOM is that they want to work with AARP in the following ways:

1. Co-sponsor Health Fair in September by offering people, screening, resources
2. Attend AARP meetings
3. Offer the services of a geriatric physician at Montgomery Hospital on Fridays
4. Have AARP members work with their students
5. Operate a clinic at Warm hearth (talking stage)

### **New Business**

Senior Breakfast-- December 7

The meeting was adjourned at 11:35.

Respectfully submitted:  
Sue Farrar

## Senility Prayer

God, grant me the Senility  
To forget the people  
I never liked anyway,  
The good fortune  
To run into the ones I do,  
And the eyesight  
To tell the difference.

Anon

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

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

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## 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."