



First Fall Program:

GET HEALTHY & STAY HEALTHY

Tuesday, September 15, 2009

“Brown bag” lunch at 11:30 a.m. with program at noon

The Fall 2009 “kick off” meeting will be Tuesday, September 15, on the important topic of GET HEALTHY & STAY HEALTHY. The program will be led by Jack Leahy and the staff of the Blacksburg Community Center & Aquatics Center. The program will emphasize Water Aerobics, Strength Training, Pilates and other programs available in our community.

There also will be an update on CPR procedures and some changes that have been made recently.

As usual, the gathering starts with a “brown bag lunch” at 11:30 a.m. with the program starting about noon and ending by 1 p.m.

Invite someone you know who may be interested in joining our local chapter.

All Chapter meetings are open to the public.

**About this Newsletter
and its contents**

Some of the content in this newsletter is a repeat of the August-September newsletter. Be sure to read it all, however, since much of it is new.

This repetition is because we were trying an additional newsletter to bridge the gap between summer and the first meeting of the fall.

Edd Sewell,
Newsletter Editor

Call for

**Nominations for the
2009 Chapter Awards**

Please send nominations for the ***Chapter Service Award*** and the ***Community Spirit Award*** to Joe Fontenot, Chair of Chapter Awards. You may send your nominations by e-mail (cajunjoe@vt.edu) or by mail (824 McBryde Dr., Blacksburg, VA 24060).

Please submit all nominations by October 1, 2009.

For more information or if you have questions, please contact Joe by email at cajunjoe@vt.edu.

**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 dbfleming@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 dbfleming@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

***Mark your
calendar now
for the
chapter meeting on
October 20!***

AARP Forum with Candidates for Blacksburg Town Council

The October 20 chapter meeting will focus on the candidates for Blacksburg Town Council. The candidates will respond to questions in an informal forum setting.

The forum will be a little longer than usual, going from noon to about 1:30 p.m. As usual, it will begin with a "brown bag" lunch at 11:30 a.m.

Invite a friend to attend this important meeting!

"Home Sweet Home News" is a monthly publication by Larry and Anne Alexander. Many of you may receive it or have seen it. It is now available online at <http://www.home-sweet-home-news.com> for those who may prefer to read it online. Also, past issues are available for downloading as pdf files beginning with the November 2006 issue. Each issue has a specific focus on a topic of interest to senior citizens.

AARP Day of Service

Friday, September 11

National AARP will celebrate a Day of Service on Friday September 11th by honoring 9/11 as a day of remembrance and service.

The Blacksburg Chapter will be helping Warm Hearth residents by renovating the wooden benches assembled by chapter members in March 2008. The frequently used benches, placed on walking trails, need some sanding and polyurethane applied to make sure they stay in good condition.

The work time will be 10:00 a.m. to 2:00 p.m. with lunch provided. We will meet in the gazebo located in the World War II Memorial Park.. An alternative date will be established if the weather does not cooperate.

Helpers should wear old clothes. All tools and equipment will be provided.

We need an accurate count of helpers for the lunch.

Let John Hillison know if you can help with a note to Johnhillison@comcast.net or by calling 552-8941.



**Fall
is
coming!**

Volunteers needed for . . . VT research study on holiday health status.

Volunteers are needed for a Virginia Tech research study on holiday health status. Participants must be between the ages of 55 and 75 years old, are overweight, and in otherwise good health.

Participation will involve 5 visits to the Virginia Tech campus over a 4-month period of time. You will be compensated for your time.

If you are interested in participating, please contact Rachel Cornett in the Department of Human Nutrition, Foods and Exercise, 231-6469 or by email at racornett@vt.edu. Please leave your name and daytime phone number.

Thank you for your consideration.

AARP Chapter Membership Report for September, 2009*

Member Profile:

<i>Category</i>	<i>Count</i>
AARP 2009 Members	253
LifeTime Members	45
Life Members	7
Comp Members	15
Honorary Members	5

New Members:

Linda S. Davis
Mike & Marilia Deisenroth

Newsletters mailed August, 2009: 220

Membership Committee:

Jim Wightman (Chair), Sue Farrar, Don Creamer

*Report prepared August 3, 2009

Fall Events and Program News

From the New River Valley Agency on Aging

by **Tina King**

Executive Director of the New River Valley Agency on Aging and New River Valley Senior Services, Inc.

The New River Valley Agency on Aging staff has scheduled several informative workshops, presentations and conferences in September and October on a variety of topics including Medicare information, promoting and maintaining good mental health in observance of Older Virginians Mental Health Month, and caregiver support. The events are free, but some require a registration. Below is more detailed information for events scheduled in the Montgomery County area. For more information, please contact 540-980-7720 or e-mail at tinaking@nrvaooa.org

Medicare Workshops: Please call 980-7720 or e-mail vicap@nrvaooa.org to register

•**New to Medicare?** Learn about Medicare, Medigap, Medicare Advantage and Prescription Drug Plans. This workshop is geared toward those becoming eligible for Medicare, regardless of age.

Christiansburg Recreation Center, Wednesday, September 9th at 5 pm in the Senior Activities Room. and Blacksburg Recreation Center, Thursday, September 17th at 6 pm

•**2010 Changes to Medicare:** What changes are coming to Medicare Part D? Are Medicare Advantage Plans “good”? New rules and coverage we need to know.

•**Mental Health Matters:** A presentation to promote healthy aging and recognize September as Older Virginians Mental Health Month as declared by the Virginia General Assembly. Patrick Halpern, Executive Director with the Mental Health Association of the New River Valley will present and have an open discussion on mental health issues pertinent to aging adults.

Wednesday, September 11, 2009, 10:00 am, Christiansburg Recreation Center, Friendship Café room.

•**Caring Connections:** a daylong conference for family caregivers.

Mark your calendar for the 2nd annual caregiver’s conference to be held Saturday, October 31, 2009 at Edwards Hall on the New River Community College Campus. Don’t miss this free, informative and fun event. For a conference brochure or to register, call the New River Valley Agency on Aging at 980-7720.

For information on obtaining a speaker to present a variety of topics pertinent to aging adults, contact Cassie Mills, Director of Programs for the Agency on Aging, at 980-7720 or e-mail, cmills@nrvaooa.org

IDENTITY THEFT: Protecting & Preventing

Identity theft occurs in several ways. A person obtains existing credit card or bank account numbers, and your social security number or other personal identifying information. Once this information is obtained, they are able to purchase products or services on existing credit cards, open new accounts, or use your information to establish a false identity.

How is it done? A person will steal a wallet or purse which usually contains information about your identification, credit and personal finances. They will steal mail from your mailbox. They will remove items from trash receptacles that have credit, bank, and personal finance account information or solicitations from banking and financial institutions offering credit cards and loans.

A person will also attempt to get your personal identification information through the internet by email.

What you can do. Do not carry extra credit cards, you Social Security card, birth certificate or passport in your wallet or purse. Do not keep account numbers, PIN’s, or passwords in your wallet or purse. Promptly remove mail after it has been delivered or have it delivered to a post office box. When paying bills by mail; take them to your local post office instead of putting them in your mail box at home. Before throwing out documents that contain personal information, including junk

Continued on page 5

Continued from page 4

mail, destroy them in a paper shredder. Cut up old credit cards and bank cards before throwing them in the trash.

Do not use the same password for all of your secure information. Create passwords and PINs that combine letters and numbers.

By taking these steps to remove the opportunity, you can reduce the likely hood of identity theft occurring to you.

**Sergeant Nathan P. O'Dell
Community Outreach
Blacksburg Police Dept.
(540)961-1168
nodell@blacksburg.gov**



Senior Discount Tuesdays in Blacksburg . . .

**The following is a general list
and restrictions may apply.**

- Sharkey's - 20 % off food
- India Garden - 15% off food
- Gourmet Pantry- 10% off
- Green's- 10% off food
- Mad Dog- 15% off
- PK's- 20% off food
- Backstreets-10% off food
- Bollo's- 10% off
- Bud Foster's - 20% off
- Capone's 10% off
- Fringe Benefit- 15% off
- Gillie's 10% off food
- Homebody- 10% off
- Mish Mish- 10% off
- Subway/Kent Square - 10% off
- Tech Bookstore- 10% off except for textbooks
- Xanadu- 10% off

Everyday Savings for seniors

- Eats Natural Foods- 15% off for 60 plus

New Tech Fitness- Senior Rates for 50 Plus Everyday! North Main St. Taco Bell-For age 50 and up--a 16oz drink for only \$0.59 everyday

For more information contact:

Laureen Blakemore

Special Events Director

Downtown Merchants

149 College Avenue

Blacksburg, VA 24060

[http://www.downtown-](http://www.downtown-blacksburg.com)

[blacksburg.com](http://www.downtown-blacksburg.com)

540-951-0454

***buy local.
eat local.be local.***

Stay Healthy!



AARP Driver Safety Courses Fall 2009

Coming to Community Center

Fall is the best time to take one of the driver safety courses being offered at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up early.

The **September course will be held on Thursday and Friday, September 17 and 18 from 1:00 to 5:00 p.m.** To pre-register for this course, call

Curt Finch at 552-8179.

The **October course will be held on Tuesday and Wednesday, October 6 and 7 from 1:00 to 5:00 p.m.** To pre-register for this course call Cecil McBride at 552-4396.

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. Course graduates may qualify for multi-year discounts to their auto insurance premiums.

Call to Order—President Paul Smeal called the meeting to order at 10:04.

Officers Present: President Paul Smeal, Treasurer Brian Allen, Secretary Virgil Cook

Board Members: Harriett Cooper, Don Creamer, Nancy Eiss, Sue Farrar, John Hillison

Non-board-member committee chairs and appointees: Doris Abraham, Larry Alexander, Curtis Finch, Margaret Kates, Carl McDaniels, June Schmidt, Edd Sewell

Joy Herbert from the Town of Blacksburg Recreation Center spoke to the group. The Center has scheduled flu shots for November 17. The shots will be administered after the regular chapter meeting. Shots are free for Medicare recipients.

On October 5 after the senior breakfast, representatives from Anthem will present a program. On Tuesday, October 6, Cvs and Southern Healthcare Will present a program on medication and health management. Joy Herbert will take people to another site for this presentation. People should bring in their medications for one-on-one consulting with a CVS representative. Information on these programs is available in the *Good Times News*.

Karen Drake, Comprehensive Planner for the Town of Blacksburg, then spoke on the community's efforts to encourage people to fill out the U.S. census form. The census will begin on April 1, 2010. There are about 10 questions on the form. Virginia's return rate for the 2000 census was 72%, and Blacksburg's was less than 67%. Whether Blacksburg is designated as a rural or an Urban area determines all of our Federal funding. Representatives from Blacksburg, Christiansburg, Virginia Tech, and other organizations will be helping with preparation for the census itself. Students are included in the town's population. The questionnaire will be sent out in late March. A primary concern is reaching those who are less likely to fill out the forms. Ms. Drake needs a volunteer to receive e-mails to help keep the committee informed. She needs events where census workers can staff booths for distributing

literature. For example, census workers distributed literature at Gobblerfest. In response to a question, Ms. Drake said that she has a list of pastors in Blacksburg to contact.

Approval of Minutes--Sue Farrar moved that the August minutes be approved. The motion passed.

Treasurer's report—Brian Allen gave The following report:

AARP Chapter # 2613 Financial Report
August 2009

Balance at end of July 2009	\$3,553.92
CREDITS	
08/07 Membership	12.50
08/21 Interest	.20
<hr/>	
TOTAL	\$12.70

DEBITS	
08/07 Town of Blacksburg Senior Center Endowment Fund (donation in honor of Connie Anderson)	\$300.00
08/26 John Hillison (Postage)	33.67
08/30 Kopy Korner (copies for newsletter)	125.48
<hr/>	
TOTAL	\$459.15
BALANCE	\$3,107.47

We have received acknowledgement for our contribution to the Senior Center Endowment Fund in Connie Anderson's honor. Connie paid for five years of hosting the Website. Therefore, we are paid up for next year.

Membership—Don Creamer reported that there were no changes from last month.

Programs—Carl McDaniels distributed the tentative program schedule for the rest of the year. A summary follows.

September 15 Health Care for Seniors--Get Healthy & Stay Healthy--Update on CPR, water Aerobics--Fitness Training for Seniors and other programs at Blacksburg Community Center & in the area. Jack Leahy will coordinate this program.

October 20--Blacksburg Town Council Candidates Forum 12Noon to 1:30PM

November 17—Dr Virginia Burggraft, Head of the Gerontology Nursing Program at RU

Topic: "We are Here & We are Grey"

Flu Shot Clinic Co-Sponsored by AARP Blacksburg, BCC & Walgreen's

December 8--Holiday Luncheon---Holiday Inn: Awards, Induction of New

Offices/Board, --Singing, Music, General Good Holiday Fun!!!

Nine of the 11 candidates say they will come to the October forum. Edd Sewell reported that The Easy Chair is sponsoring Thursday-evening forums with candidates.

Legislation—Because of Dan Fleming's absence, Carl McDaniels reported that the meeting at Dublin with Congressman Rick Boucher in August went past the ending time. The crowd was discourteous. The hecklers were well organized, but the people on the platform handled the disturbances quite well. There is at least one organization that buses people to these town-hall meetings, distributes signs, and instructs the people on what to do. No one spoke for the general public. Instead, people focused only on what affects them as individuals.

AARP National Day of Service—Paul Smeal. The Work Day is set for September 11. We have chosen to work on the benches at Warm Hearth. Warm Hearth will provide polyurethane for painting the benches. Volunteers will meet at the World War II memorial at 10:00. The work is scheduled from 10:00 until 2:00.

Jo Ann Underwood has arranged for lunch for 12 people. So far, we have four volunteers. John Hillison moved that we donate up to \$60 for the meal that Jo Ann has provided. The motion passed.

Food Drive—Paul Smeal. AARP and Ruritan are sponsoring a food drive in October. Instead of distributing hangtags as requested by Ruritan and AARP, we will ask members to bring food to the October meeting.

Newsletter—Edd Sewell. Edd reported that he has many files from Connie's estate regarding the Website to go through. He will be using different software for the site. Tina King from the Agency on Aging wants to include a survey form in the

newsletter. The board agreed that we should send out copies with the newsletter if the agency provides them.

Nominating Committee—Committee members are Nancy Eiss, Dan Fleming, and Paul Smeal. The committee will meet briefly after this meeting.

Caring—Harriett Cooper thanked members for notifying her about members who need cards.

Montgomery Museum and Lewis Miller Art Center--Sue Farrar told the group that the museum will hold an event, Hokie Thunder, on the evening of September 11. The event will celebrate the Virginia Tech-Marshall football game. The museum is selling a volume of Montgomery County history.

Driver's Ed—Curtis Finch. We have nine people signed up for the September 17-18 course, but we need 12 for the course to be offered.

Health--Larry Alexander. There will be copies of the *Home Sweet Home Newsletter* on water aerobics and weight at the next chapter meeting.

Adjournment—The meeting was adjourned at 10:21.

Respectfully Submitted:
Virgil A. Cook, Secretary

Some Quotations about Humor . . .

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

Henry Ward Beecher

When humor goes, there goes civilization.

Erma Bombeck

Humor is something that thrives between [our] aspirations and [our] limitations. There is more logic in humor than in anything else. Because, you see, humor is truth.

Victor Borge

You can turn painful situations around through laughter. If you can find humor in anything . . . you can survive it.

Bill Cosby

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

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Organization
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Permit No. 32

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."