



# BLACKSBURG NEWS

Volume 23, Issue 7

Chapter #2613

September 2006

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## Membership Meeting

## HEALTH AND WELLNESS FAIR

Tuesday, September 19, 2006

9 a.m. to 1 p.m.

Blacksburg Community Center

725 Patrick Henry Drive, Blacksburg, Virginia

*Open to all AARP Members in the New River Valley  
and the General Public*

### Carl's Corner (Carl McDaniels, President):

The days are growing shorter, the nights are turning cooler and the dogwoods are starting to change color. To me this is a beautiful season of the year. For AARP Blacksburg this also means our September 19, 2006 Health and Wellness Fair. This year our key committee of Jo Ann Underwood, Angela Little and Harriet Damant have worked for months to bring all this together. There will be **four very informative seminars, interesting exhibits**, frequent drawing of **useful prizes**-such as 4 copies of the AARP GUIDE TO PILLS and a \$100.00 Gift Card from Kroger. This year there will be three videos starting off at 9:15 AM with AARP Visiting Geriatric Scholar Dr *Bill Thomas* in a Conversation About Your Medicines and You. There will be coffee and Carol Lee Donuts for early birds, with a lunch available for a small fee.

Most of all though, is the fun of seeing other AARP'ers from all around the area learning about how to improve their health and wellness. See you at the Fair September 19 at the Blacksburg Community Center, another part of our year long 30th Anniversary Celebration.

EXHIBITS: 9 a.m. to 1 p.m. -- more than 60 registered exhibitors

### FILM/VIDEO:

9:15 a.m. – 10 a.m. – Your Medicines and You: A Conversation with Dr. Bill Thomas

10:00 a.m. – 12:00 noon – Strangers in Good Company

12:00 a.m. – 1:00 p.m. – Exercise: From the National Institute on Aging

### SEMINARS:

9:30 a.m. – How To Be Independent Even With Health Problems, Panel Discussion

10:30 a.m. – When It's Time to Hang Up The Keys, Panel Discussion

11:30 a.m. – 12:30 p.m. – Healthy Eating for Seniors, George Smith, MD

12:30 p.m. -- 1:30 p.m. – Wise Use of Prescription Drugs, Mike Doyle

**BLACKSBURG MAYOR RON RORDAM PRESENTS PROCLAMATION TO AARP  
CHAPTER PRESIDENT CARL McDANIELS. LOOKING ON ARE MEMBERS OF THE  
AARP BOARD AND COMMITTEE CHAIRS.**



**PROCLAMATION by Blacksburg Town Council**

Whereas, the Blacksburg AARP Chapter 2613 celebrated its thirtieth anniversary on June 29, 2006;

Whereas, the Blacksburg AARP Chapter 2613 is one of the largest, most active AARP chapters in Virginia with numerous accomplishments and contributions to the vitality of the greater Blacksburg community;

Whereas, the Blacksburg AARP Chapter has grown from less than 70 members in 1976 to more than 300 members in 2006;

Whereas, members' dedication to the AARP motto, "To Serve, Not To Be Served" has fostered a vital and active citizenry who value the importance of independent living and demonstrate willingness to participate in outreach programs and special projects that benefit the Blacksburg community;

Whereas, the Blacksburg Town Council and the citizens of Blacksburg are proud of the published book which chronicles "*The Thirty Year History of AARP Blacksburg*" and express appreciation to all AARP members over the years who have given their time and commitment to improving the quality of life for Blacksburg seniors;

Now, therefore, I Ron Rordam, Mayor of the Town of Blacksburg, Virginia, do hereby congratulate the Blacksburg AARP Chapter 2613 on thirty successful years as a significant organization in the Blacksburg community and applaud its achievements and manifold contributions to making Blacksburg a very special place.

Given under my hand this 8<sup>th</sup> day of August, 2006.

**Signed by Ron Rordam, Mayor**

**Signed by Donna Boone-Caldwell, Clerk**

## HEALTH AND WELLNESS FAIR BITS

One of numerous exhibits: VT Professor *Kathy Hosig* is helping a VT nutrition grad student, *Clara Lau*, recruit volunteers for a research project. *Lau* would like to have some older people taste test a dairy product she has formulated. The product is a milk-based drink that contains flax oil.

An interesting film at the Fair: The *Funeral Consumers Alliance of the Virginia Blue Ridge* is pleased to present a showing of the movie "**Strangers in Good Company**" at the **AARP Health Fair, September 19th at 10:00 a.m.** In this touching film a group of elderly women are stranded near a deserted house when their tour bus breaks down. How they cope, as individuals and as a group, is interwoven with scenes from their earlier days.

## UPCOMING PROGRAMS

**September 19:** We are all looking forward to The Health and Wellness Fair at the Blacksburg Community Center on this date from 9:00 a.m. to 1:00 p.m. There will be something for everyone -- exhibitors, seminars, movies and videos, free handouts, giveaways, door prizes and food.

**October 17: Protecting Seniors from Identity Theft**, a talk presented by Professor *Irene Leech*, associate professor of Consumer Affairs at Virginia Tech. *Dr. Leech* also is president of the Virginia Consumers Citizens Council. We will also have a short program about Court Appointed Special Advocates (CASA) given by *Teena Vernon*, CASA Volunteer Coordinator.

**November 21:** *Jack Leahy* and *Joy Herbert* will fill us in about the variety of programs the Senior Center has to offer seniors. There will also be two short presentations: one by *Elva Miller* about the Christmas Store, and a second by *Gail Billingsley* about the YMCA and its new multi-purpose building and Thrift Shop.

**December 4:** Our AARP chapter provides breakfast at the Senior Center starting at 10:00 a.m.

**December 5:** Annual Holiday Luncheon at the Holiday Inn starting at 11:30 a.m.

Don't miss the information or the fun! Hope to see you at all of our programs.

**FOTHERINGAY: Lecture and Tour, 6 p.m. at Fotheringay, Thursday, September 21, 2006** sponsored by the *Blacksburg Museum and Smithfield Plantation* Lecture Series. Colonel George Hancock was born in Chesterfield County in 1754 and built his grand plantation estate, Fotheringay, in 1796 near present-day route 460 in Shawsville. Colonel Hancock was trained as an attorney and served as aide-de-camp to Count Casimir Pulaski during the Revolutionary War. From 1793 to 1797 he served as a Representative from Virginia in the United States Congress. Visitors will hear a brief lecture on the home's esteemed history before touring the interior. **Please note** that parking is limited and visitors are encouraged to car pool. For directions to Fotheringay or for more information visit [www.blacksburg.gov/museum](http://www.blacksburg.gov/museum) and then go to Special Events, or call Jessica (540-558-0730).

## CARING COMMITTEE

The Blacksburg AARP Caring Committee is always available. If one of our members needs to be remembered with a card, contact **Kathy Jeffers** at **951-3946**. If you leave a message, please indicate the member's name, type of card to be sent, and frequency it needs to be sent. Please let those in need know that we care.

## VOLUNTEERS NEEDED

"Hello, I am the Tutorial Coordinator for Upward Bound/Talent Search at VA Tech. We serve several schools in your area and assist students with college preparation. We have students at Blacksburg High School, Christiansburg High School, Floyd County

High School, Auburn Middle School, and Pulaski High School that are in need of tutors and I wanted to know if you have any volunteer tutors that could assist our program? The days can be Monday thru Friday and the hours can be during school hours if okayed by the school principle and Guidance Counselor or right after school.” Alan Bagby 231-3641 abagby@vt.edu

## **AARP DRIVER SAFETY PROGRAMS**

**Oct 25 (Wed) and 27 (Fri), 1 p.m. to 5 p.m. both days.** Sessions held at the Blacksburg Community/Senior Center. Instructor Bill Wagoner. Call **Jim Gaines (552-6851) to register.** Class limited to 20 on a first come, first serve basis. More than 10,000 Virginian's take this course each year to avoid accidents and traffic violations, and improve their driving skills. It helps older drivers sharpen driving skills and compensate for normal, age-related physical changes. Brush up on skills such as maintaining a proper following distance, minimizing blind spots and limiting distractions. For persons 55 and over, VA insurance companies provide a discount on auto insurance in addition to any other discounts you may be receiving. Cost is \$10 per person payable to AARP which includes a workbook.

**Note:** there is also a course on two consecutive Saturdays Oct 7 and 14, from 9 a.m. to 1 p.m. at the Christiansburg Community Center. To register, call 382-8173.

## **THE LIGHTER SIDE**

--- I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees. Fought prostate cancer and diabetes I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor

circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank heaven, I still have my driver's license.

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## **MONTGOMERY COUNTY CHRISTMAS STORE—Support our community partner**

In an effort to raise funds for the Montgomery County Christmas Store, the Blacksburg AARP Chapter is working together with Barnes & Noble to host a Book Fair at their Christiansburg store in Spradlin Farms Shopping Center.

The **Book Fair** will be held from **9 a.m to 11 p.m. on Saturday, November 4, 2006**, when Barnes & Noble will donate to the Christmas Store, a **percentage of every sale made with an accompanying Book Fair Voucher.**

These **vouchers will be available** at the AARP Chapter table during the Health and Wellness Fair at the Blacksburg Community Center on September 19th from 9 a.m. to 1 p.m. The vouchers will also be available for download from our Chapter website, at the October AARP Chapter Meeting on October 17th, and at the Book Fair on November 4th at Barnes & Noble.

**Note:** Support The Montgomery County Christmas Store by shopping at the November 4th Barnes & Noble Book Fair with a Book Fair voucher.

## **MEMBERSHIP**

Why join the Blacksburg Chapter of AARP? Why? By joining and working together, we make more effective use of our time, talent, experience and expertise. We make the New River Valley a better place to work and live. We make new friends. We make a difference. And we have FUN! *Application on back: pay only one-half \$ for dues through end of year.*



**AN UNEXPECTED SURPRISE:** This summer at an AARP Virginia Regional Meeting in Blacksburg our Chapter was presented a beautiful plaque honoring our 30th Anniversary (June 29, 2006). Photo: (left) *Terry Edwards*, AARP Manager of Training and Development, Volunteer Resources, presents plaque to VP *Jim Gaines* (center). *Dan Level* represented AARP VA. The plaque was signed by AARP Executive Director *William Novelli* & AARP President *Erik Olsen*, A very nice letter (reprinted below) came along with the plaque.



June 2006

*Dear Blacksburg Chapter 2613 of AARP, Inc.:*

*On your 30th Anniversary, we would like to extend our personal congratulations and best wishes to the officers, directors and members of your outstanding organization. We are grateful for the efforts of your chapter's leaders and members over the past 30 years to achieve the goals of AARP in your community.*

*You should take special pride--as we do--in the continued success of chapters throughout the nation. This year, there are over 2,200 chapters active across the country. The members who founded your chapter shared the vision of AARP's founder, Dr. Ethel Percy Andrus, by bringing members together "To Serve, Not To Be Served." I know you share that commitment as well.*

*Your chapter's information and education programs, legislative advocacy efforts and community service activities, all of which draw strength from the fellowship of your members, benefit not only AARP, but also your community, your state and the nation. By pooling your talents and experience, partnering with your AARP State Office, and promoting the active engagement of your neighbors, you are giving back to society, accomplishing the mission of our Association and leaving a rich legacy for those who will follow you.*

*In recognition of your anniversary, we are pleased to present you with the enclosed plaque as a token of our appreciation and a symbol of your chapter's milestone achievement. With it comes our best wishes for your continued success.*

*Sincerely,*

Erik D. Olsen  
President

William D. Novelli  
Chief Executive Officer

## THE POWER TO MAKE IT BETTER

Volunteers are the heart of AARP. The members of the board of directors and national officers are all unpaid volunteers, as are the field volunteer directors, state presidents and thousands of legislative and program volunteers and chapter leaders. They are involved in advocacy at the national and state level and innovative community service and education programs, including tax preparation assistance; driver training and re-education; grief and loss counseling; and independent living programs. AARP has some 35 million members and it is anticipated AARP Virginia will reach 1 million, yes that's **one million** members by the end of this year. Wow! What a difference we can make by working together. We indeed do have THE POWER TO MAKE IT BETTER.

### BLACKSBURG AARP CHAPTER OFFICERS

PRESIDENT:	<i>Carl McDaniels</i>	cmcd@vt.edu
1st VICE PRESIDENT:	<i>Joyce Martin</i>	jomart23@vt.edu
2nd VICE PRESIDENT:	<i>Jim Gaines</i>	gaines@vt.edu
SECRETARY:	<i>Angela Little</i>	anglittl@naxs.net
TREASURER:	<i>Brian Allen</i>	mballen@prodigy.net
ASSOCIATE TREASURER:	<i>June Schmidt</i>	schmidtj@vt.edu

Board, Committee Chairs and more on **Web:** <http://civic.bev.net/aarp/>

### Blacksburg AARP Chapter #2613

Board of Directors Monthly Meeting

Blacksburg Community Center

Tuesday, September 6, 2006

#### Members Present:

R. B. "Ben" Crawford	Jim Wightman	Harriet Damant	Dale Oliver
Connie Anderson	Margaret Kates	Mary Ellen Moore	Jim Moore
Jo Ann Underwood	Doris Abraham	Curt Finch	June Schmidt
Donald Elson	Jim Gaines	Cerrie Coil	Nancy Eiss
Dan Fleming	Carl McDaniels	Harriett Cooper	Kathy Jeffers
Angela Little	Mike Sporakowski	Bob Abraham	Brian Allen
Joyce Martin	Tom Jeffers		

Guests: Jessica Wirgau and Gail Billingsley

**1.** President McDaniels **called the meeting to order** at 9:30 a.m. He introduced Gail Billingsley, Executive Director of The YMCA at Virginia Tech. She gave a brief update on the YMCA and their new facility. McDaniels shared the following announcements:

A plaque and letter were received from the National AARP office commemorating the 30<sup>th</sup> anniversary; Liberty Mutual sent the policy for our liability insurance; the state AARP paid \$150 of overdue fees to the State Corporation Commission and we were officially reinstated as a chapter of AARP; a thank you letter was received from Geraldine Bowyer for the help with rebuilding her home as our National Day of Service project; a photo of the project was in the state AARP newsletter; a mention of our chapter was made in the national AARP magazine about our project; Frank Lau will be presenting new tax information on Sept. 18 at 10:00; the United Way had requested use of our mailing list and the consensus of the Board is the policy will remain the same

and the mailing list will not be released to anyone; Perry Martin with VA Tech Service Learning has some students who are available to help. Jo Ann and Jim Gaines stated that they could use them.

**2.** There were no additions to the **agenda**.

**3.** The Board unanimously approved the June 2006 **minutes** as printed on the motion of Doris Abraham and the second of Joyce Martin.

**4. Treasurer,** Brian Allen reported that there is a current balance of \$3,515.21. McDaniels reported that the State AARP has sent a check of \$500 for the Health and Wellness Fair.

**5.** Jo Ann Underwood reported that 30 exhibitors have replied to date for **the Health and Wellness Fair** and that she, Harriet Damant, Curt Finch and Angela Little had met several times during the summer to plan the event. This week 500 letters will be sent to the VA Tech Retirees. Nancy Eiss stated that information has been sent to numerous agencies, TV channels, and newspapers. Carrie Coil and Mary Ellen Moore will be greeters at the door. Joyce Martin will be in charge of food for lunch. A sign-up sheet was passed around for members to volunteer for various duties on the day of the fair.

**6.** Nancy Eiss, **Public Relations Committee** co-chair, stated that AM 810 has requested AARP to continue hosting a series of call-in radio shows on Saturday mornings. The new station manager is Drake Anderson. After discussion, Ben Crawford suggested that we table the decision indefinitely.

**7.** There was no **Membership Committee** report in the absence of Jim Wightman. Joyce Martin made a motion to set the dues at \$5 per person and \$7.50 per couple for the remaining year. Harriet Damant seconded the motion and it passed unanimously. A flyer will be made to publicize the new amount at the fair.

**8. Program Committee** Chair, Harriett Cooper, stated that the October 17 meeting will have a presentation on Identity Theft by Irene Leach, President of the Consumer Union. The November 21 meeting will host Jack Leahy and Joy Herbert from the Blacksburg Community Center to discuss what programs are available to seniors. Carrie Coil reported that the holiday luncheon will be held on December 5 at the Holiday Inn.

**9.** Ben Crawford stated that the deadline for all **newsletter** articles is Friday, Sept. 8.

**10. AARP Virginia Events:** The state office is co-sponsoring the Health and Wellness Fair on September 19.

**11.** Ben Crawford reported that a **Driver Education Class** will be held on October 25 and 27 at the Blacksburg Community Center. Jim Gaines is registering participants and the class limit will be 20.

**12.** Dan Fleming and Glen Mitchell **Legislative Co-chairs**, have resigned their positions until after November 8 because of AARP's non-partisan regulations. McDaniels accepted their resignations. There was no Legislative Report presented. McDaniels thanked Jim Gaines, Connie Anderson, Ben and Carol Crawford for the remarkable job that they did with the **Chapter History**.

**13.** Margaret Kates of the **Ways and Means Committee** distributed sample vouchers from Barnes and Noble for the Book Fair on November 4 and Board Members made suggestions on what the vouchers should say. Margaret, Jim Gaines, Harriett Cooper and McDaniels will be there on the 4<sup>th</sup>. 10% of the proceeds of sales from those presenting vouchers will go to the Chapter for a children's book project for the Christmas Store. (Note: We understand our AARP Chapter is sponsoring the Bookfair (as B&N refers to it) to benefit the Montgomery County Christmas Store, and that the Christmas Store will use/receive the money to purchase Children's Books through B&N.)

**14.** Don Elson, **Awards Chair**, will be submitting a nomination for a Chapter Award to Richmond by September 15. He asked for information from several Board Members. The meeting was **adjourned** at 11:13 a.m.

Angela Little, Secretary

Carl McDaniels, President  
AARP Chapter #2613  
P. O. Box 10082  
Blacksburg, VA 24062

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**NEW MEMBER OR 2006 MEMBERSHIP RENEWAL APPLICATION**

Membership in the Blacksburg AARP Chapter requires membership in National AARP. Contact **Jim Wightman** at 552-2007 or [jpdad@bev.net](mailto:jpdad@bev.net) if you need a national AARP application.

Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-Mail \_\_\_\_\_

Membership:        \_\_\_\_\_ New member of Blacksburg AARP Chapter  
                          \_\_\_\_\_ Renewal of membership in Blacksburg AARP Chapter  
                          \_\_\_\_\_ Single membership dues **\$10 for 2006**  
                          \_\_\_\_\_ Joint couple dues **\$15.00 for 2006**  
                          \_\_\_\_\_ **Life Time \$100 per person**

Recruited by (if appropriate) \_\_\_\_\_

Complete, attach check made out to Blacksburg AARP, and bring to the next Membership Meeting on the third Tuesday of each month at the Blacksburg Center, or board meeting; or mail to: **AARP Chapter #2613, POB 10082, Blacksburg, VA 24062**. If you are already a member of the Blacksburg Chapter, please pass this form onto a friend who may be interested in membership