



January 19 chapter meeting to focus on “Improving Health Care for Seniors in the New River Valley”

The January 19, 2010, meeting of the AARP Blacksburg Chapter will be held at the Edward Via Virginia College of Osteopathic Medicine (VCOM) in the new VCOM II building located near the intersection of Ramble Road and Kraft Drive in the VT Corporate Research Center. The building, VCOM II, also houses a StellarOne Bank. Ample parking is available.

Complimentary pizza & beverages will be served starting at 11:30 a.m. taking the place of the usual Brown Bag lunch.

At Noon there will be a brief opening by chapter president Brian Allen, followed by Chaplain Ken Dawson leading the annual recognition of chapter members who died in the past twelve months.

The main program will begin with remarks by VCOM President James Wolfe and Executive Vice President & Dean Dixie Tooke-Rawlins. Dr. Richard Williams, faculty gerontologist at VCOM, will speak on “Improving Health Care for Seniors in the New River Valley” followed by a question and answer period. The program ends at 1 p.m., but for interested members, at 1 pm there will be a thirty-minute tour of the main VCOM building located across the street, weather permitting.

REMINDER – AARP BLACKSBURG CHAPTER MEETINGS WILL BE CANCELLED WHEN THE MONTGOMERY COUNTY SCHOOLS CANCEL CLASSES DUE TO WEATHER CONDITIONS.

DIRECTIONS to VCOM II: The easiest way to reach VCOM II is •take South Main toward Christiansburg and pass the Hess/Wilco station on the left and the Marriott on the right

•at the second traffic light turn **RIGHT** on to Industrial Park (just before crossing the bridge over route 460).

•at the next traffic light, take a **RIGHT** on to Ramble Road then take a **LEFT** on to Kraft Drive.

•the first drive on the left off Kraft leads to the VCOM II building (there is a StellarOne Bank in the same building).

A map also is available on the AARP Blacksburg Website at

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

ATTENTION!

The January 19 chapter meeting will be held at a different location, and the Brown Bag lunch time will be somewhat different in January. See the story to the left for more information and directions.

Below is a photo of the VCOM II building where we will meet on January 19. The address is 2280 Kraft Drive.



AARP members living in Warm Hearth Village can arrange for a ride to the January 19 meeting at VCOM by contacting Activities Director David Jones at 443-3457.

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/>

2010 Officers, Board Members and Committee Chairs

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1st Vice President: John Hillison hillison@vt.edu
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Judy Sewell judysewell@verizon.net

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Harriett Damant

Committee Chairs and Appointees

AARP of Virginia: 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: Edd Sewell eddsewell@gmail.com
Nominating: Class of 2010
Program: Carl McDaniels cmcd@vt.edu
Public Relations:
VT Retirees Association Liason: Margaret Kates

NOTE: Please let Edd Sewell (eddsewell@gmail.com) know if you see errors in this list.

President's Corner

Happy New Year to everyone!

I want to let you all know how honored I am to be your president for the upcoming year. We have some wonderful programs scheduled for you to enjoy. Carl McDaniels does a great job as your program chair.

YOU HAVE GOTTA BE THERE! That pretty well sums up my feelings about the upcoming January meeting. We are doing something different this month. We have a terrific arrangement with VCOM (Va College of Osteopathic Medicine) at their beautiful new facility in the research triangle. They have a great program lined up for us plus will feed all of us FREE pizza and drinks. While there you will have a chance to see their wonderful facility and interact with Gerontologists. You can still bring your brown bag if you don't like pizza. Be sure to invite a friend or two. During this meeting Ken Dawson will conduct a short memorial for those members we lost in 2009.

See you on the 19th.

Brian

Time to renew your Blacksburg Chapter AARP membership for 2010!

On the back cover of this Newsletter is a form you can use to renew your AARP Blacksburg Chapter membership for 2010. You also can do it at the chapter meeting on January 19.

Being a national member *does not automatically* make you a member of the local chapter.

Why not pass the form along to someone you know who should also be a member of our local chapter.

Health Care Reform Bill Status

Dan Fleming, Legislative Committee Chair

Somewhat differing health reform bills have passed both the House and the Senate. The two have to be merged together, and then pass both bodies of Congress.

Beauty is in the eye of the beholder describes the contrasting views of the health reform efforts. Some critics regard the pending legislation as a monstrosity and pending disaster, while others consider it a great step forward in social legislation.

AARP CEO Barry Rand said, "Passage of the Senate health care reform bill clears the way for Congress to enact legislation that will protect and strengthen Medicare, ensure millions more Americans can get affordable health coverage and sharply curtail discriminatory insurance company practices that keep those most in need out of the system."

Both bills prohibit insurance companies from denying coverage because of preexisting medical

conditions, and prohibit companies from hiking insurance prices based on an applicant's health or gender. Older people could be charged higher premiums than younger people, but no more than three times as much under the Senate bill and twice as much in the House bill. Both bills also forbid caps on how much care policies will cover, and provide provisions for a voluntary government insurance program designed to help people with long-term care.

The Senate bill would eventually close the doughnut hole and would also improve Medicare by providing free preventive and wellness care. It would also require insurance companies to competitively bid to offer private Medicare Advantage plans that currently cost an average of 14 percent more than traditional Medicare.

Key issues to be resolved include how to pay for the plans and language forbidding the use of public funds for the funding of abortions.

Warm Hearth to host Health & Wellness Fair

Warm Hearth Village will be holding a Health & Wellness Fair with the theme "Pathways to Wellness" on Friday, February 19, 2010, in the Kroontje Health Care Center from 10 am to 3 pm.

All AARP Blacksburg Chapter members are invited to attend. Details will be in the February Chapter Newsletter.



A YouTube Video Worth Watching

In 2007-2008 AARP sponsored the U@50 Challenge. The contest, launched in August 2007 on YouTube, gave people between the ages of 18 and 30 the chance to submit short videos on the subject of what they expect their lives to be like at age 50.

The goal of the U@50 Challenge was to encourage intergenerational dialogue enabling young people to speak their minds and give AARP insight into their views. More than 50 videos were submitted from across the country and from these; the five top videos were selected by a panel of judges.

Though not the first place winner, the video by Jonathan Reed of Georgia State University in Atlanta is quite interesting because it is a poem that is a pallindrome--the same forward and backward. To get the full impact, you read the poem forward and then reverse and read it backward. There are a number of versions available on YouTube, but it is worth taking a look. Two versions are available on YouTube at the following URLs: The most visually appealing is found at

<http://www.youtube.com/watch?v=MWSYPDh7O5Q>

The most often viewed, with small print, is found at

<http://www.youtube.com/watch?v=42E2fAWM6rA>

Both are worth a view.

AARP Driver Safety Courses Offered in the Spring

It's not too early to sign up for one of the driver safety courses being offered this spring at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so register soon.

The March course will be held on Tuesday and Wednesday, March 2 and 3, from 1:00 to 5:00 p.m. To pre-register for this course, call Cecil McBride at 552-4396.

The April course will be held on Thursday and Friday, April 22 and 23, from 1:00 to 5:00 p.m. To pre-register for this 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 Community Center and the AARP Blacksburg Chapter, 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.



February 19, 2010, Chapter Meeting to Focus on Health Care Fraud and Abuse

The February 19 Chapter meeting will be back at the Blacksburg Community Center starting with a brown bag lunch (coffee available) at 11:30 am followed by the program starting at noon.

The February program will focus on "Health Care Fraud & Abuse" and the possibility of forming a Senior Medicare Patrol in the New River Valley area. The speaker will be Dr. Matt McMullin, former staff attorney in the Office of The Inspector General in the Department of Health & Human Services, Washington, DC. For background you may want to see his article in the October 2009 Chapter Newsletter.

Financial Report

January 2010

Balance December 31, 2009 \$3,800.80

Credits

12/09 Holiday lunches	420.00
12/21 Deposit (Holiday lunches)	45.00
12/21 Memberships	62.50
12/23 Interest	0.19
<u>12/28 Memberships</u>	<u>250.00</u>
Total	\$777.69

Debits

12/07 Town of Blacksburg (donation)	400.00
12/08 Blacksburg Community Band	100.00
12/08 Holiday Inn (Holiday lunches)	1,049.97
12/16 Blacksburg Food Pantry	200.00
12/16 New River Engraving (Awards)	75.00
12/16 John Hillison (Postage)	34.89
12/30 Brian Allen (12/06 breakfast)	71.25
12/31 Kopy Korner (Newsletters)	81.11
12/31 Doris Abraham (Refund on <u>Holiday lunches</u>)	<u>30.00</u>
Total	\$2,042.22

Balance at end of December 2009 \$2,536.27

Membership Report

January 2010

Report prepared January 4, 2010

Member Profile

AARP 2009 Members	157
AARP 2010 Members	114
Lifetime Members	45
Life Members	7
Complimentary Members	17
Honorary Members	5
Total Membership	345
Newsletters Printed	228

New Members

Dean & Diane Sutphin

Harvey & Margaret (Meg) Peterson

Membership Committee: Jim Wightman, chair
Sue Farrar, Don Creamer

Great Decisions 2010

Great Decisions, a community discussion group focusing on foreign policy issues, is now forming in Blacksburg. This annual nationwide, nonpartisan program is prepared by the Foreign Policy Association (New York) and has been offered for the past 56 years. The program is free and open to the public and is being sponsored by the League of Women Voters of Montgomery County, Virginia, again this year. A study guide is available (\$16.50) which provides impartial, thought-provoking analyses of 8 issues of concern to U.S. policymakers today. (Also, a copy of the study guide will be on reserve in the Blacksburg Library.) The topics selected for discussion this year are the following:


- Special envoys
- Kenya and R2P
- Global crime
- U.S.--China security relations
- Global financial crisis
- Russia and its neighbors
- The Persian Gulf
- Peacekeeping

Additional information is available on the FPA website: http://www.fpa.org/info-url_nocat4705/info-url_nocat.htm

The first meeting of the Great Decisions Study Group will be held on Wednesday, January 27, 2010, from 11:30 am to 1 pm at the Blacksburg Library in the Community Room. Participants should feel free to bring a bag lunch.

To sign up to participate in this discussion group and to reserve a study guide, please contact:

Nancy Warren – phone: 951-1660; email: cn-warren@aol.com OR Jane Sprague – phone: 961-1532; email: janesprague@verizon.net



with the Boy Scouts, and we join with them in the celebration. If you were a Boy Scout or worked with Boy Scouts, let Ben Crawford know -- his email is ben.crawford@vt.edu

The Boy Scouts celebrate their 100th anniversary in 2010. Many local AARP members were Boy Scouts or have worked

AARP Chapter 2613 Board of Directors Minutes January 5, 2010

Call to Order--President Brian Allen called the meeting to order at 10:00.

Officers Present: President Brian Allen, First Vice President Don Creamer, Secretary Virgil Cook

Board Members: Ken Dawson, Dan Fleming, Joe Fontenot, Mary Hinshelwood

Non-board-member committee chairs and appointees: Doris Abraham, R.B. "Ben" Crawford, Carl McDaniels, Curtis Roane, June Schmidt, Edd Sewell

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

Treasurer's Report—Outgoing treasurer Brian Allen distributed the following report:

December 2009	
Balance December 31, 2009	\$ 3,800.80
DEBITS	
12/07 Town of Blacksburg (Donation)	400.00
12/08 B'bg Community Band (Donation)	100.00
12/08 Holiday Inn (Holiday lunches)	1,049.97
12/16 B'bg Food Pantry (Donation)	200.00
12/16 New River Engraving (Plaques)	75.00
12/16 John Hillison (Postage)	34.89
12/30 Brian Allen (12/07 Breakfast supplies)	71.25
12/31 Kopy Korner (Newsletters)	81.11
12/31 Doris Abraham (Refund Holiday lunches)	30.00
TOTAL	\$ 2,042.22
BALANCE end of December 2009	\$2,536.27
CREDITS	
12/09 Holiday lunches	420.00
12/21 Deposit (Holiday lunches)	45.00
12/21 Memberships	62.50
12/23 Interest	0.19
12/28 Memberships	250.00
TOTAL	\$ 777.69

Brian observed that we now have \$2,500 as compared to \$2,971 at this time last year.

Jim Wightman moved that the report be received. The motion passed

Chaplain--Ken Dawson asked for the names of people who have died since the memorial at the January, 2009, chapter meeting. The list included Connie Anderson, Gardner Gray, Derek Meyers, Dick Quible, and John Shoulders.

Continued on page 7

Continued from page 6

Membership--Don Creamer. There are 157 members who have not yet paid their dues for 2010. We have added two couples as new members. We currently have 345 members. Dan Fleming pointed out that we need an updated directory. Edd Sewell will purge the names of those who have not paid their 2010 dues after the March newsletter is sent out. The board agreed that the new directory should be distributed after the March purge.

Public Relations--We have a vacancy. Mary Ann Hinshelwood volunteered to help Sue Farrar if she accepts her nomination as chair.

Legislation--Dan Fleming. Some kind of healthcare bill will probably pass. Dan will provide information for the newsletter. The latest version forbids caps. The Senate bill will eventually close the doughnut hole. The House bill would tax the rich while the senate bill would tax the so-called Cadillac health plans. There is mammoth fraud in Medicare.

There will probably be struggles over car-title loans in the state.

Delegate Marshall wants legislation to eliminate the mandate that people must buy insurance.

Programs--Carl McDaniels. This year's theme is "Timely Information for Seniors."

The January 19 meeting will take place at VCOM with pizza & beverages + a program & tours. Walgreen has a bus for health screening. We want to get the bus for this program.

Feb 16: Fraud & Abuse/Senior Medicare Patrol. Dr Matt McMullen. Senior Medicare Patrol is a senior watchdog group. There is no senior patrol in western Virginia.

Table Top Talk: Blacksburg Interfaith Food Pantry -- Vern Simpson

March 16: National Health Care Legislation, AARP Virginia Staff

We hope to have legislators for a forum in April or May. Ben has suggested that we hold a town-council forum again.

New sletter--Edd Sewell. Edd reported that he has considerable material for the next newsletter. He is making progress with the new masthead.

Caring--Carl McDaniels noted a member who is in the memory unit at Wheatland. Friends should visit her, even though she may not know them.

History--Doris Abraham. Doris is trying to keep the history up to date. She needs pictures from the Christmas lunch.

Hospitality--Brian commended Curt Roane for a good job with the Christmas lunch. Curt wanted the date for the Christmas lunch set. Ken Dawson moved that the Christmas lunch be scheduled for December 14. The motion passed.

Liaison--Ben Crawford. Ben asked Edd to include in the newsletter a paragraph on Leading Lights, a volunteer-recognition program. The Boy Scouts will observe their 100th anniversary in February. Brian asked Edd to include an appeal for members who have been scout leaders to come forward. Don Creamer moved that we endorse the tentative program in keeping with the AARP theme of Knowledge for Seniors. The motion passed.

Brian suggested that we publicize our health fair.

New Business--Carl McDaniels pointed out that we have been invited to have a table at the February 19 Pathways to Wellness Fair at Warm Hearth.

The need to distribute an updated membership directory came up. The directory usually contains e-mail addresses. All who want their e-mail addresses deleted should notify Don Creamer, dgc2@vt.edu.

Meeting Time—The board preferred to have the meeting time remain at 10:00.

Adjournment—The meeting was adjourned at 11:29.

Respectfully submitted:
Virgil A. Cook, Secretary

Charlotte Beamer is in Wheatland Hills and would enjoy a visit. Wheatland Hills is located at 201 Wheatland in Christiansburg, near the shopping area of Spradlin Farms.

If you know other AARP members who would like a visit, or you know members who are in the hospital or have had a death in the family, let Harriett Cooper (chayabrona@verizon.net) know.

Brian Allen, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062

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Organization
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Membership Renewal for 2010 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."