



Serving the greater New River Valley, Virginia

Real Possibilities with Blacksburg

VA Chapter #2613

Blacksburg Chapter

NEWS

June 2016 • Vol. 33 • No. 6

www.blacksburgaarp.org

June 17: Picnic

Celebrate the chapter's 40th anniversary 5-8 pm

We will gather at the farm home of Terry Wildman and Sue Magliaro for a picnic and music by the Panjammers. The chapter will provide chicken BBQ, and Jimmy John's will provide sandwiches (thanks, Tom Alston). Please bring an appetizer, side dish, or dessert to share. If you want a beverage other than lemonade or tea, please bring that, too.

Date / time Friday, June 17, 5:00–8:00 pm

Social time 5:00–6:00; Panjammers provide music at 6:00.

Location 3335 Elk Creek Drive, Christiansburg; phone: 540.320.5599 or 540.382.5577

Food chicken BBQ + sandwiches from Jimmy John's. Bring an appetizer, side dish, or dessert to share + your beverage.

Ride sharing Call Pat Hyer at 540.951.4968 if you need a ride or will provide a ride for someone.

Directions From exit 114 on I-81 south, turn south on Route 8 toward Floyd. Go 2.7 miles south on Rt. 8. Turn right on Childress Road (Rt. 693). Aly's restaurant is located on your left at the intersection. Drive 3.3 miles on Childress Road.

Turn left onto Elk Creek Drive, the entrance to Childress Estates. *Look for colorful balloons here.* Follow Elk Creek Drive to the cul de sac, about a third of a mile. Turn right on the first gravel driveway at the cul de sac (more balloons!) and at this point you will see the parking area.

From Radford, the best route is south on Tyler Road (passing the Radford hospital), which dead ends at Childress Road. Turn left on Childress Road, go uphill about a quarter mile and turn right onto Elk Creek Drive.

President's Column by Don Creamer

Reflecting on our Chapter History

June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.

The month of June comes from the Roman, or Julian, calendar and originally had only 29 days until Julius Caesar added the additional day, giving June 30 days.

The birthstone of June is Pearl.

June also is the birth month of AARP Blacksburg. The original charter of the chapter was signed on June 29, 1976. The chapter officially is 40 years old!

The original charter was issued by the American Association of Retired Persons, the organization founded in 1958 by Ethel Percy Andrus, Ph.D., a retired educator from California. Andrus also founded the National Retired Teachers Association in 1947 that is today a division of AARP, Inc. The organization name officially was changed from the American Association of Retired Persons to AARP, Inc. in 1999, with the "RP" now signifying "Real Possibilities."

The charter President of AARP Blacksburg was Denver Bragg who served about 70 members in 1976. Jim Gaines served as chair of the History Committee and wrote the manuscript now linked to our chapter website at www.blacksburgaarp.org/chapter-history.pdf. The Gaines manuscript was put into its present form by Carol Crawford, who was serving as newsletter co-editor at the time, and the final editing of the document was done by Connie Anderson, who also served the chapter as webmaster at the time of publication in 2006.

The AARP Blacksburg chapter emerged from The Leisurees, a small group of seniors

Upcoming Events

June 28: Salem Redsox game

Sept. 14: Health & Wellness Fair
no meetings in July and August

free hotdogs, hamburgers

Come on out to the ballgame, June 28

Join AARP members on Tuesday, June 28, at Lewis Gale Field in Salem when the Salem Red Sox face the Myrtle Beach Pelicans as we focus on reducing fraud perpetrated against older adults in our region. AARP members and their families who attend the game are invited to stop by the pavilion any time after the gates open at 6:05 pm for free hot dogs and hamburgers while supplies last! The first pitch is at 7:05 pm and will be thrown by our very own AARP Virginia State Director, Jim Dau. We will be there the whole game!

You can buy a ticket to the game at www.salemsox.com.



AARP Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. 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 am.

please turn to page 3

LLI Courses and Events Fall 2016

The Lifelong Learning Institute (LLI) at Virginia Tech will mail its catalog of fall 2016 courses and events in mid-August. Registration opens September 7. If you were a member of LLI in fall 2015 or spring 2016, you will automatically receive a catalog. If you were not a member and would like to get on the mailing list, please complete the form at www.cpe.vt.edu/lifelonglearning/

Most courses will begin the week of October 3 and end the week of November 7 (exceptions below). Courses last 6 weeks unless a variation is noted below. The catalog will include descriptions of the courses, but here is a list to help with your planning now. In addition to these courses, LLI will offer 24 one-time events in the fall of 2016.

Monday courses

Living Well to the End: Creating a Better End-of-Life Path, 9–11 am
Drawing from Observation, 10–11:30 am (4 weeks)
The New River Valley Livability Initiative, 10–11:30 am (4 weeks)
Appreciating John McPhee, 10–11:30 am (4 weeks)
iPad for Beginners, 10–11:30 am (begins Oct 31, 3 weeks)
Presidential Selection: Theory and Development, 1–2:30 pm (4 weeks)
How to Collect Everything, 3–4:30 pm (4 weeks)
Wine Appreciation, 3–4:30 pm

Tuesday courses

The Arab Spring: Causes, Developments, and Consequences, 10–11:30 am
Sounds of the South, 1–2:30 pm
Virginia Woolf, 1–2:30 pm
Relief Printmaking, 1–4 pm
Backpacking for Age 50+ Hikers, 3:30–5 pm (begins Sept 27, 2 weeks; backpacking Oct 7–8)

Wednesday courses

VT CLASS Sampler, 9–10:15 am
Tracing Your Family Genealogy, 9–10:30 am
Portrait Painting, 9 am–12 pm
The Rise and Fall of American Vaudeville, 10:45 am–12:15 pm (4 weeks)
Simple Ways to Improve Your Financial Well Being, 1–2:30 pm (4 weeks)

Thursday courses (no classes Oct 20; classes end week of Nov 14)

Global Change: The Science of Physical and Biological Global Changes, 9–10:30 am
The Rich History of Montgomery County, Virginia, 10–11:30 am
Editorial Cartoons and the Presidential Election 2016, 1–2:30 pm
Capital Punishment in America, 3–4:30 pm

Friday courses

Oil Painting Basics, 9:30–11:30 am
Ethical Dilemmas in Medicine: Why America's Diverse Cultural Heritage Makes It So Difficult to Make Life and Death Decisions, 10 am–12 pm (4 weeks)

Legislative Report by Val Coluni

- Medicare Plan Change.** Payments to providers will be partly based on whether they keep patients healthy rather than solely on the number of procedures and/or services.
- Atlantic Coast and Mountain Valley Pipelines.** There are still concerns about the routes (erosion and sediment control). The Virginia State Department of Environmental Quality has notified both pipeline staffs they may have to pay for hiring additional people to monitor these conditions. Also, suggestions have been made to use existing pipeline paths rather than digging new ones. This alternative plan has a number of supporters.
- Felon Voting Rights Restoration.** Did the governor exceed his executive authority by issuing a mass restoration of voting rights for those who have served their time and completed parole and probation? Republicans think so. They have hired an attorney to challenge the governor's order. One unintended consequence of the order is to make it easier for those felons to obtain guns. The governor indicated that was not his intention.
- State Legal Costs.** Are we effectively using taxpayer's money? Our Attorney General used \$14.8 million for outside counsel in 2015. We have spent \$3.7 million on four cases alone (redistricting, voter identification). Are we using the courts to solve our issues rather than making some concessions to the other party? Now there is a concern about meeting our forecasts for tax collections, which may affect the budget. This looms in the background as a major crisis.



Jim Dau, AARP Virginia State Director, addresses the Blacksburg Chapter at its May meeting. He complimented the chapter's programs, achievements, and leadership.

Photo by Ben Crawford

Dr. Jon Antin, of the Virginia Tech Transportation Institute, presents results of research on senior drivers at the May meeting.

Photo by Ben Crawford



(President's Column *continued*)

who met at the time to talk about "... a possible organization to enhance the social life and community activities for persons in this age group" (*The Thirty Year History of AARP Chapter #2613, Blacksburg, Virginia*). Clarence Jencks served as chairman of this group.

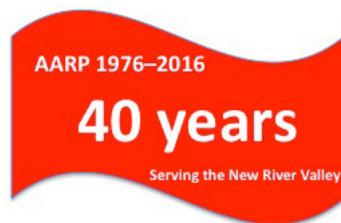
Early chapter activities centered around trips to area points of interest, playing Bridge, periodic information programs, the tax-aide service, and health fairs. The first woman president of the chapter was Jean Davis, who assumed the office in 1984. This was the year of the first chapter newsletter, edited by John Palmer. In 1986, the monthly newsletter cost was \$113.18 for printing and \$114.80 for postage.

A representative sample of programs offered by the chapter can be understood by offerings in 1993: "A humorous one by Dr. Steven Anderson of Tech, Production of Pharmaceuticals from Transgenic Livestock, National Health Care, a bike ride through Germany, scams and scam artists by the Sheriff's Department, President Clinton's First One Hundred Days, a humor and music program by the Rev. Dwane Steele (who was blind), and Warm Hearth" (*The Thirty Year History of AARP Chapter #2613, Blacksburg, Virginia*).

The turn of the century started with the sixth woman president of the chapter, June Schmidt, who was assisted by new newsletter editors, Amy and Don Elson. Topics for programs during this period resembled some of recent years: "... saving preserving Social Security; how the Museum of Natural History serves the community; saving our streams and protecting water quality; the Explore Park in Roanoke; creating neighborhood groups for security and community services; a slide show and talk about Shadowlake Village; a 'Consumer University' program dealing with internet fraud, Medicare Fraud, End of Life Issues, and Protection; and, finally, a Lewis Gale Hospital representative presenting the topic 'Love Your Heart—Strategies for Keeping It Healthy'" (*The Thirty Year History of AARP Chapter #2613, Blacksburg, Virginia*).

The thirty-year history of the chapter ended in the year 2006. Since then, the history of the chapter is recorded on the chapter website at www.blacksburgaarp.org. This site serves as a permanent repository for documents, events, and chapter activities.

So, we are 40 years old as a chartered chapter of AARP. Our history reflects solid and continuous actions "To Serve, not to be Served" (Motto of Ethel Percy Andrus for the American Association of Retired Persons, 1958). Recent presidents have led the chapter to new visions for the future represented by such events as LivingWell@50+ conference,



involvement with the Lifelong Learning Institute at Virginia Tech, the Health and Wellness Fairs, and major forums like the Dr. Bill Thomas event on April 23 of this year. The emphasis of these events is living well in the age of Elderhood. The AARP Blacksburg chapter aims to be not just a strong organization that serves its members well but also to have an impact on the quality of life and opportunities for people throughout the New River Valley. Recent activities have shown vigor in establishing new working partnerships with other organizations engaged in similar work as ours. These organizations include AARP Virginia, The Community Foundation of the New River Valley, the New River Valley Agency on Aging, the Center for Gerontology at Virginia Tech, the Lifelong Learning Institute at Virginia Tech, The Edward Via College of Osteopathic Medicine, the Warm Hearth Retirement Village, Virginia Tech Retirees Association, and the YMCA at Virginia Tech.

Our future as a chapter of AARP is bright. I hope that you are fully participating in building this future.

Heath Fair Update

September 14 keeps getting closer and closer. We are so pleased to see exhibitors signing on—old friends and new ones. This will be a great time to queue up for a flu shot, check your BP or glucose, get a screening for skin issues. But wait, this is not just about medical conditions! The Fair will be a time to hear about activities that can make you happy, like yoga or Qi Gong. Have you ever seen them being demonstrated? Come to the Fair! You could even pick up some new cooking ideas. Between stir fries from the Virginia Cooperative Extension service and tasty egg dishes from the Virginia Egg Council, you can watch how it is done. Do you have to stand and watch? No, there will be convenient seating throughout the Fair, so you can rest, visit with friends or just watch what is on display.

Researchers keep reporting on the beneficial effects of social engagement, and we will be highlighting all the exhibitors who offer volunteering activities. And, keeping healthy is also about finding fun things to do: Going for a walk? Learning some new games? Finding people who can help you figure out what physical therapy is really about? Let us know what you would like to learn about and we will work to ensure that it is represented. Just send an email with your ideas to wendybburg@gmail.com or call at 646-352-3936.

We are reaching out to churches and other religious organizations since they often know who among their members would benefit from having some help in getting to the Fair. Hopefully, those with buses or vans would be able to bring some folks to the Fair. It would be wonderful if you could spread the word about the Fair within your own church.

The Fair will be a great place to learn some new ways to stay healthy and engaged; bring your friends and register for the AARP drawing for a \$100 gift card by visiting each of the Gold exhibitors.

What to do this summer

Summer Concerts on Henderson Lawn—AARP seating! 6:00–7:30 pm Fridays June 3–July 29, free

Blacksburg has terrific live music concerts on Henderson Lawn each Friday evening during the summer thanks to the VT School of Performing Arts. The concerts are free and attract a diverse audience of all ages who sit on the lawn and enjoy the summer, friends, food, and music.

AARP and Downtown Blacksburg Inc. (DBI) are trying out a new treat for seniors who may have trouble toting their chairs onto the lawn. Starting with June 3 there will be chairs in front of the Lyric theatre as reserved “AARP Seating.” Well, we won’t be checking IDs, but the idea is to appeal to seniors and just help people enjoy the concerts.

We will also need some volunteers—the Mt. Tabor Ruritan club is helping with this—to just help people find their seats and get the chairs back across the street for pick up by the city after the concert. I hope that Blacksburg AARP will be a source of volunteers as well as a source of seniors who can more easily enjoy the concerts that Blacksburg has to offer.

If you want to volunteer, please email me at wendybburg@gmail.com. Or, if you know you (and friends?) would like to make use of the seating, just show up. Check out the link to DBI at www.downtownblacksburg.com for parking info and www.performingarts.vt.edu/summer-arts-festival for details of the Friday concerts.

contributed by Wendy Baldwin

Special Events: Blacksburg

see www.performingarts.vt.edu/summer-arts-festival for details

Summer Solstice Festival Saturday, June 18 1–8 pm

Independence Day Celebration Monday, July 4

Art at the Market Saturday, July 16 9 am–2 pm

Steppin’ Out Street Festival Friday, Saturday August 5, 6

Market Square Jam Wednesdays through Sept. 28, 8–10:00 pm

Active Adult Programs (trips, events)

www.blacksburg.gov/home/showdocument?id=5771

Special Events: Christiansburg

see va-christiansburg2.civicplus.com/index.aspx?NID=595

Independence Day Celebration Monday, July 4

Montgomery Museum Heritage Day Saturday, August 27

Senior Trips (Barter Theater, Wohlfahrt Theater, baseball, more): va-christiansburg2.civicplus.com/index.aspx?NID=797

Warm Hearth Lecture Series: Winston Churchill

On Tuesdays and Thursdays beginning July 12, at 3:30 pm at the Karr Activity Center, Dr. J. Rufus Fears will lecture on Winston Churchill. For residents and their guests. The lectures will last 3–4 weeks.



Blacksburg Chapter #2613 • June 2016 • Page 4

HD Broadcasts: Opera, Ballet, Art

The **Regal Cinema in Christiansburg** will show HD broadcasts of operas and art & architecture this summer.

All events are at 7 pm. The AARP admission price is \$12.50. For more information and events, see www.fathomevents.com.

Metropolitan Opera (Wednesdays, 7 pm, \$12.50)

Jun 22 *Tosca*
Jun 29 *L'Elisir d'Amore*
Jul 13 *La Bohème*
Jul 20 *Così fan Tutte*

Art & Architecture in Cinema (Thursdays, 7 pm, \$12.50)

Jun 16 *Teatro Alla Scala: The Temple of Wonders*
Jul 14 *St. Peter's and the Papal Basilicas of Rome*

Frank Theatres, Blacksburg will show HD broadcasts of an opera and a ballet from London. www.rohcinema.com

Jun 12, 15 *The Sleeping Beauty*, Royal Ballet
Jul 24, 27 *Werther*, Royal Opera House

Movies: The Lyric Theatre, Blacksburg thelyric.com

Classic Movies Saturdays and Wednesdays, 3 pm, free

Jun 4, 8 *Oliver!*
Jul 9, 13 *Breakfast at Tiffany's*
Aug 13, 17 *The Candidate*

June Film Schedule

Jun 3–9 *The Man Who Knew Infinity*
Jun 10–16 *Sing Street*
Jun 17–23 *The Meddler*
Jun 24–30 *A Bigger Splash*

Monday matinees with open captioning: 10 am

Live Theatre, free

Studio Theatre, Squires Student Center, Virginia Tech
Reservations: www.performingarts.vt.edu/summer-arts-festival

Jun 17, 18, 19 *Rapunzel: The Musical* 2 and 4 pm, free
performed by the Blacksburg Children’s Theatre
Aug 11, 12 *Babes in Arms* 7:30 pm, free

Moss Arts Center Performances

www.artscenter.vt.edu/

June 16 *Summer Nights and Melodies* 7:30 pm, free
June 23 *Quintet Fervor* 7:30 pm, free
June 25 *Folk Inspirations and Echoes* 7:30 pm, free
June 28 *Elegance and Emotion* 7:30 pm, free
June 29 *Summer Intensive Closing Concert* 7:30 pm, free
June 30 *Così fan Tutte* Ash Lawn Opera 7:30 pm, \$30
Aug 5–7 *Cube Fest: Massively Multichannel Music*
5 events: 3 free, 2 \$10

New River Valley Garden Tour 2016

Saturday July 9, 2016 9:00 am–5:00 pm

mfrlfriends.org/gardentour.html

See seven wonderful summer gardens in Blacksburg

The Annual New River Valley Garden Tour showcases innovative, specialty and simply beautiful private gardens in the New River Valley each July. The event is sponsored by the Friends of the Library with the cooperation of the New River Valley Master Gardeners' Association. Tickets are available at public libraries in Blacksburg, Christiansburg, Floyd, Radford, Salem, and Shawsville.

The day of the tour: Visit the **Master Gardener Plant Clinic** at Glade Road Growing. Ask questions about lawns, landscaping, and pest control; pick up a soil test kit with instructions; or choose from a large selection of free flower and vegetable seeds.



Garden of Steve and Rosemary Cole

Exhibitions

Perspective Gallery, 2nd Floor, Squires Student Center, Virginia Tech, Tuesday–Saturday 12–9 pm; Sunday 1–5 pm

Jun 3–Aug 6 *Emotive: Marino Colmano's 50 Years in Pictures*

Moss Arts Center

May 19–Jul 3 Young Artists: *Home*

Jun 2–Aug 7 P. Buckley Moss: *Sowing Seeds*

Jun 30–Aug 24 Steven White: *100 Portraits*

Jul 14–Aug 24 Joe Kelley

more information (receptions, artist talks; hours):

www.artcenter.vt.edu/

Summit Place Opens in Giles County

Summit Place, a residential community for low-income adults 55 and older, opened in October 2015 in Rich Creek, a small town on the New River in Giles County. The one-story building can house 23 residents living in furnished and accessible single rooms with private baths. Summit Place offers 24/7 assistance with daily living, 3+ meals a day, and activities and programs for residents. The assistance helps residents maintain their independence, with the freedom to come and go.

Because of special federal funding and nonprofit status, charges are significantly lower than those for comparable facilities. Charges are on a sliding scale based on residents' income and assets.

Daily recreational activities are available. A courtyard allows residents to have vegetable or flower gardens. Local choirs and musicians offer entertainment.



The vision of Summit Place is to provide an affordable home for people who may not otherwise be able to afford a market-rate assisted living home, without any compromise on comfort and quality of care. If you would like to learn more or to schedule a tour, please contact the Administrator, Pam Runyon, at 540-358-0220, or visit Summitplace.org.

*contributed by Zoe Belyavsky, Aging in Place Coordinator,
Americorps VISTA*

*Please send stories, photos, and ideas for this newsletter to
Carolyn Rude, carolyn.rude@comcast.net.*

Chapter Officers 2016

President • Don Creamer, dgc2@vt.edu

Vice President • Ben Crawford, ben.crawford@vt.edu

Secretary • Sally Anna Stapleton, sanna418@gmail.com

Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

• 2016—Tom Alston, Tina King, Sally Anna Stapleton

• 2017—Pat Hyer, Jerry Niles, Shirley Peterson

• 2018—Wendy Baldwin, Ryan Martin, Ray Van Dyke

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613 • June 2016 • Page 5



Blacksburg Chapter #2613
Don Creamer, President
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
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PAID
Blacksburg, VA
Permit No. 32

AARP Member Application for 2016

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Annual (*Calendar Year*) Dues: **\$15.00 (includes spouse or partner)**

New ____ Renewal ____ 90+ years old (free) ____

Please consider an additional donation to support our AARP chapter and its projects. \$10____ \$25____ \$50____ \$100____ Other \$_____

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
Mail the check and this form to: .

Tom Alston - P.O. Box 10082 • Blacksburg, VA 24062
