

# AARP

Blacksburg News

November 2008, Volume 25, Issue 9



## Annual Christmas Luncheon Scheduled for December 2 at Holiday Inn, Blacksburg

AARP's Annual Holiday Luncheon will be held on December 2, 2008 in the Olin Preston Room at the Holiday Inn in Blacksburg. The Blacksburg Community Band will play.

Check-in is at 11:30 a.m.; luncheon will be served at 12:30 p.m. The program will follow, until 3:00 p.m.

Luncheon menu: pre-set salad with assorted dressings, herb-baked chicken, Prince William vegetable medley, mashed potatoes with gravy on the side, warm rolls with butter, pumpkin pie. Beverages are water, iced tea, and coffee.

Cost is \$14.00 per person. All reservations and payments **MUST** be in by November 26th. They can be given or mailed to Curtis Roane (607 Lucas Drive, Blacksburg, VA 24060). Each year we seem to have two or three who make reservations and promise to pay at the door, but then the person does not show up and AARP has to pay for them.

Any questions — call Cerrie Coil at 552-4530.

— Cerrie Coil

### A Few Wants

from Jo Ann

A few things in the WANT list:

1. I WANT to see you all at the November 18th regular AARP meeting and you will enjoy the music. Read Carl's schedule of events for that day and show up for one or all of them..

2. I WANT you all to help with the Breakfast we of AARP do for the Rec Cener December 1. Bring a small addition to the food if you can. We will cook bacon and eggs. Come and enjoy the company.

3. I WANT you all to get your reservations in for the December 2nd luncheon by the next general meeting, November 18th. Or send Checks of \$14.00 to JoAnn Underwood, 1181 Oakland Square, Blacksburg, VA 24060. Prizes, food, friends, and mu-

*See Wants, page 2*

## Healing Power of Music Is the Theme for Chapter 's Three-Part Program on November 18

9:00–11 a.m.—Jointly sponsored by the YMCA at Virginia Tech's Open University at the YMCA Center 1000 North Main Street, Blacksburg in the newly opened Bob & Emily Stewart Ballroom. Instructors will be: Dr Dan and Judi Schneck, as they discuss and demonstrate music's effect on stress, pain management, rehabilitation, and behavior modification. Dan and Judi will also play their violins during the session. No pre-registration for Chapter AARP members.

11:30a.m.–1p.m.—Brown Bag Lunch starting at 11:30 a.m. for the Regular Chapter meeting at noon in the Senior Activity Room at the Blacksburg Community Center, 725 Patrick Henry Drive, Blacksburg. The meeting will feature Harpist Virginia

Bethune from Harrisonburg, Va., Musician-in-Residence at the University of Virginia Hospital. A Table Top presentation (5 minutes) will be by Gail Billingsley from the YMCA at Virginia Tech. All Chapter members are urged to bring a bag of non-perishable items to be given to the Blacksburg Food Pantry for sharing with our neighbors in need this Holiday Season.

2:00–3:00 p.m. at the Karr Activity Center at Warm Hearth Village, Blacksburg. Debby Hix, a Certified Music Practitioner(CMP), will be playing her folk harp and sharing her experiences with the healing power of music in a variety of settings. For further details see the Chapter Web Site: [www.civic.bev.net/aarp/](http://www.civic.bev.net/aarp/).

*See November meeting, page 3*

# 2008 Blacksburg AARP Chapter Board

## Officers

**President:** Jo Ann Underwood joa@warmhearthva.org  
**1st Vice President:** Angela Little anglittle@naxs.net  
**2nd Vice President:** Nancy Eiss nsjeiss@verizon.net  
**Secretary:** Virgil Cook vcook@vt.edu  
**Treasurer:** Brian Allen mballen@prodigy.net

## Board of Directors

### Class of 2008:

Curt Finch crfinch@vt.edu  
Margaret Kates connie@vt.edu  
Jim Wightman wightman@vt.edu

### Class of 2009:

Dan Fleming dbfleming@vt.edu  
Nancy Eiss nsjeiss@verizon.net  
Jo Ann Underwood joa@warmhearthva.org

### Class of 2010:

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

## Committee Chairs and Appointees:

**AARP of Virginia Liaison:** Ben Crawford ben.crawford@vt.edu

**Associate Treasurer:** June Schmidt schmidtj@vt.edu

**Caring:** Harriett Cooper chayabrona@verizon.net

**Chapter Awards:** Joe Fontenot cajunjoe@vt.edu

### Community Service:

**AARP Driver Safety Course:** Curt Finch crfinch@vt.edu

**Chaplain:** Ken Dawson kedawson@verizon.net

**Financial Planning:** Dale Oliver jdoliver@vt.edu

**Health Care:** Harriet Damant hdamant@verizon.net  
Jo Ann Underwood joa@vt.edu

**History:** Doris Abraham dsta118e@verizon.net

**Hospitality:** Barbara Blanton

**Legislative:** Dan Fleming dbfleming@vt.edu

**Membership:** Jim Gaines gaines@vt.edu  
Angela Little anglittle@naxs.net  
Jim Wightman wightman@vt.edu

**Newsletter Editor:** Mary Holliman mchollim@vt.edu

**Nominating:** Class of 2008

**Program:** Carl McDaniels cmcd@vt.edu

**Public Relations:** Norman and Nancy Eiss nsjeiss@verizon.net

**Ways And Means:**

**Webmaster:** Connie Anderson connie@vt.edu

Chapter meetings are the *third* Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 11:30 a.m. There will be no meetings in July or August.

Board meetings are the *first* Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 9:30 a.m.

AARP Blacksburg Chapter #2613

P.O. Box 10082, Blacksburg, VA 24062

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

## Jo Ann's Wants, from page 1

sic will cheer us all. Price \$14 — a bargain.

4. I WANT you to read this Newsletter carefully. There are articles that will be of use to you in your year's planning.

5. I WANT you to be ready to vote for your new leaders in AARP for next year at the November Meeting. We nominated them at our October meeting. Refer to the list on page 1 if you have forgotten the names.

6. And I WANT to thank everyone of you for helping me get this year's work done and done with style and verve. You are a good bunch to work with and for.

## Blacksburg AARP Officers for 2009

Elected at the November meeting were:

**President:** Paul Smeal

**1st Vice President:** Jim Wightman

**2nd Vice President:** JoAnn Underwood

**Secretary:** Virgil Cook

**Treasurer:** Brian Allen

### Board of Directors

#### Class of 2009

Dan Fleming

Nancy Eiss

JoAnn Underwood

#### Class of 2010:

Harriet Cooper

Ken Dawson

Joe Fontenot

#### Class of 2011

Don Creamer

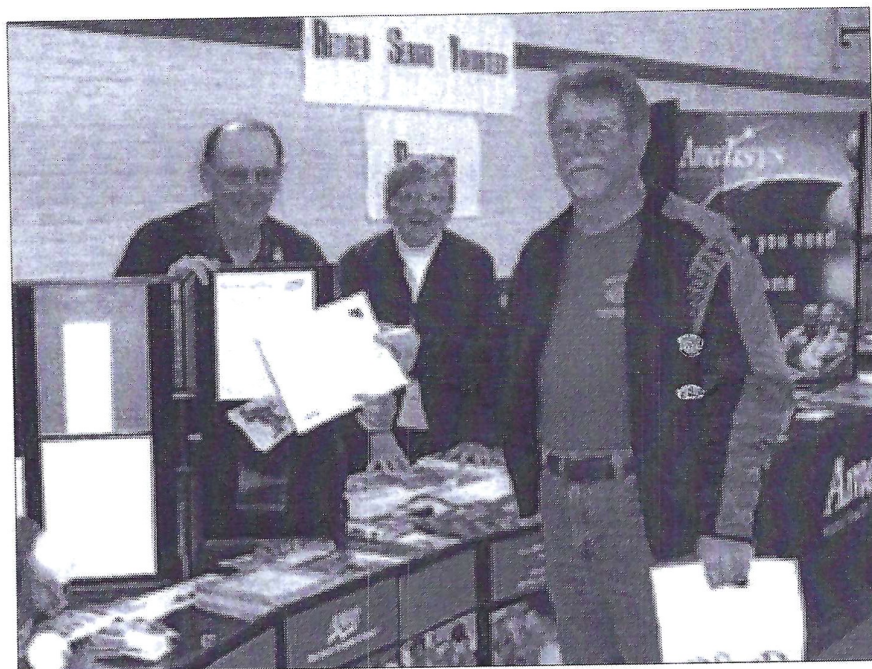
John Hillison

Sue Farrar

## "Driving Tips for Seniors," from *Home Sweet Home*

- Avoid driving during rush hours, and also at night.
- Plan your trips ahead of time so you know the safest route.
- Don't drive with tunnel vision; scan to your sides and back.
- Take a safe driver's course from AARP, AAA, Auto Club, etc.
- Expect things to be different every time you drive;.
- Use common sense. For example, don't speed if you are late to an appointment, only to wait 45 minutes for the doctor.
- Drive a smaller and easier-to-handle car.
- Finally, ask people who drive with you to suggest something to make you a better driver.





## Two AARP Events for Monday, Dec. 1, 2008

Blacksburg AARP Chapter #2613 is responsible for the Monthly Senior Breakfast to be held at 10:00 a.m. December 1st in the Community Room at the Blacksburg Community Center. Brian Allen has planned for coffee, juice, bacon, egg dishes, and some other foods, but donations from other AARP Members, such as sweet rolls, coffee cake, cut-up fruit and even doughnut holes would greatly add to the breakfast fare.

Following the Breakfast at 11:00 a.m., the Community Center will be celebrating the Grand Opening of the new Blacksburg Community Fitness Center. Ribbon cutting will take place at 11:00 a.m. followed by the Fitness Center Open House from 11:00 a.m. until 2:00 p.m. — Harriet Damant

Blacksburg AARP Chapter President Jo Ann Underwood, Ben Crawford, and a participant at the chapter's AARP booth during the GILES (County) RSVP BOOMER and SENIOR LIFESTYLE EXPO at the Pearisburg (VA) Community Center October 24, 2008. The unidentified participant had just signed the 1000<sup>th</sup> pledge collected by the chapter. Nationally, AARP has more than a million signed Pledges.

The EXPO had 30 exhibitors, special musical programs, line dancing and instruction, performing dancers, Tai Chi Demo, a fashion show, and more. Twelve classroom seminars were held throughout the day, including seminars on Medication Safety, NRV Community Services, Preventing Identity Theft, Estate Planning Preparations, Healthy Heart, Recycling, Better Hearing, Understanding Social Security, Medicare, Every Woman's Life, Senior Navigator, and all day on Medicare Q & A.

## November meeting,

from page 1

A representative from Barnes & Noble, Christiansburg Store, is expected to be on hand at each session with books and CD suggestions on the topic of the day.

## County Offers Property Tax Relief for Seniors

Tax relief programs are available for anyone in Montgomery County over the age of 65 or who is totally and permanently disabled, and who owns and lives in the home (including mobile homes) for which relief is applied. Tax relief ranges from 40% to 100%, depending on household income.

The eligibility criteria include owning and living in the home, having a total household income that does not exceed \$30,000 excluding the first \$10,000 of income for an relative living in the home, and total financial net worth, excluding the value of the home and one acre of land, not exceeding \$100,000.

First time applicants may apply before December 31. For further information, contact the Montgomery County Commissioner of the Revenue, 382-5710.

The Board of Supervisors is now considering raising the house income level for eligibility to \$35,000 to be applied to 2009 real estate taxes. A public hearing will be held on the proposed change at the Board of Supervisors meeting held at 7:15 on November 24 at the County Government Center in Christiansburg, 755 Roanoke St.

If this change is made, it is very probable that the Town of Blacksburg will follow suit since they use the same guidelines as the county. The Town of Christiansburg also uses these guidelines, and a decision will have to be made later by their Council on a possible increase.

— Dan Fleming



# Blacksburg AARP Board, Chapter 2613 Minutes, Nov. 4, 2008

**Call to Order**—President Jo Ann Underwood called the meeting to order at 9:30.

**Members Present:** Doris Abraham, Brian Allen, Virgil Cook, Harriett Cooper, Harriet Damant, Ken Dawson, Nancy Eiss, Curt Finch, Dan Fleming, Joe Fontenot, Margaret Kates, Frank Lau, Angela Little, Carl McDaniels, Dale Oliver, June Schmidt, Jo Ann Underwood, Jim Wightman. **Guest:** Crystal Handy

**Devotional**—Chaplain Ken Dawson led in the Pledge of Allegiance and then offered prayer.

**Awards**—Joe Fontenot reported that the committee consists of Ben Crawford, Dale Oliver and himself. They have selected the recipients of the Chapter Service Award and the Community Service Award.

**Newsletter Articles**—Jo Ann passed around a sheet requesting articles for the newsletter.

**Announcement**—Brian Allen reported that the period for changing Medicare prescription-drug coverage is November 15-December 31. He agreed to write an article on the issue for the newsletter.

**Presentation of Town of Blacksburg Housing and Neighborhood Services**—Crystal Handy outlined the department's services. She explained a program of financial assistance for home improvement that the Town of Blacksburg offers to low-income residents.

**Minutes for the October 7 Meeting**—The minutes were approved as published in the newsletter.

**Treasurer's Report**—Brian Allen Gave the treasurer's report: The balance on October 1 was \$4,889.15. Principal income consisted of membership dues and reservations for the holiday lunch for a total of \$497.11.

Expenses included \$200.00 to the Montgomery County 4H and \$121.40 to Kopy Korner for duplicating the newsletter. The ending balance was \$5,064.86.

Brian distributed a report showing our donations over the past four years. Recipients of contributions included groups such as the YMCA at Virginia Tech, the Montgomery County Parks and Recreation, the American Red Cross, the Free Clinic, the Women's Resource Center, Habitat for Humanity, the Blacksburg Food Pantry, the Montgomery County Christmas Store, the AARP Foundation, the Town of Blacksburg, the Blacksburg Community Band, RSVP of Montgomery County and Radford, Literacy Volunteers of New River Valley, and Montgomery County 4H.

Considerable discussion followed on how to allot funds to the various organizations. The board agreed that because of time constraints, individual members should e-mail the treasurer with suggestions on where to make contributions.

**Membership**—Angela Little. We now have 340 individual members (105 couples and 130 singles).

**Programs**—Carl McDaniels reported on the music-therapy program scheduled for November 18. From 9:00 to 11:00, there will be a concert at the YMCA 1000 North Main, by Dan and Judi Schneck. The regular AARP chapter meeting (from 11:30 to 1:00) will feature harpist Virginia Bethune from Harrisonburg, Musician-in-Residence at the University of Virginia Hospital. The brown-bag lunch begins at 11:30. The Table Top presentation is by Gail Billingsley from the YMCA at Virginia Tech. From 2:00-3:00 p.m. at the Karr Activity Center at Warm Hearth Village,

Debby Hix will perform and give a lecture.

Carl McDaniels moved that we pay Virginia Bethune \$100 for travel expenses. The motion passed. Harriett Cooper observed that, in the past, members have brought food to the holiday lunch for the Blacksburg Food Pantry. She suggested that members bring canned food to both the chapter meeting on November 18 and to the holiday lunch on December 2.

**Legislation**—Dan Fleming reported that there will be a legislative forum on November 18 from 7:00 to 9:00. Three legislators will participate. (See the article in the current newsletter.)

Legislators anticipate severe budget cuts. Dan asked that members support legislation for allowing people to vote early without having to give a reason. One bill would allow any qualified voter to vote early without having to give a reason, and another bill would allow anyone 65 or older to vote early without stating a reason. He moved that we support legislation to allow any qualified voter to cast a ballot early without having to state a reason. The motion passed. He then moved that if this bill failed, that we support allowing anyone 65 or older to vote early without having to state a reason. The motion passed.

**Report on Special Meetings**—Jo Ann reported on the RSVP Fair in Pearisburg. Here she obtained the 1,000th signature on the Divided We Fail petition. She also said that the resource fair for caregivers at New River Community College was very good. The resource person was especially good on Alzheimer's.

**Caring**—Harriett Cooper. The committee needs information on people who are in need or who have

see Minutes, page 6



## Time to Begin Preparing For the 2009 Tax Year\*

Now that voting is over, we need to concentrate on the REAL income tax. Y-Tax Free will partially replace the loss of AARP TaxAide in Blacksburg. I won't have the government resources as before, but the service will be much more personalized. There is 14+ years doing tax prep. service, and still remaining FREE. Call 558-8849 or franklau1@msn.com after January 16th for an appointment (Virginia tax is not available until end of January). I can see you at the Y-Thrift Store, Blacksburg Rec.Center, or Warm Hearth.

— Frank Lau

## Going Forward in Hard Times:

### A Legislative Forum about the 2009 General Assembly

A legislative forum featuring legislators from the New River Valley region will be held at the Blacksburg Community Center on Tuesday November 18 at 7 p.m. Participants include Senator John Edwards, Delegate Anne Crockett-Stark, and Delegate Jim Shuler.\* Each will outline her/his priorities for 2009 and take questions and comments from the audience.

The forum is sponsored under the leadership of the Virginia Interfaith Center for Public Policy and by BURG, Citizens First, Montgomery County League of Women Voters, and Blacksburg AARP.

\*Two other area legislators, Senator Ralph Smith and Delegate Dave Nutter, will be unable to attend because of prior commitments.

— Dan Fleming

### Legislative Forum

#### Date and Time:

**Tuesday, Nov. 18**

**7:00 to 9:00 p.m.**

#### Location:

**Blacksburg Community Center  
725 Patrick Henry Drive**

## Blacksburg Offers Housing Repair Assistance

Does your house need repairs that you can't afford? The Town of Blacksburg may be able to help! Current low-to moderate-income homeowners residing in the Town of Blacksburg may qualify for the Housing Rehabilitation Program. This program provides much needed assistance to households whose homes are in need of repairs. From broken heaters to crumbling foundations, we can repair it all.

The Town strives to allow all homeowners to live in a safe, sanitary environment, regardless of income. In order to qualify, your total income must be lower than the figures given in the chart below, based on total family size.

For more information, to see if you qualify, or to fill out an application, please call the Office of Housing and Neighborhood Services at

(540) 951-4336

or email housing@blacksburg.gov.

Household Size	Income Limit
1 person .....	\$34,500
2 people .....	\$39,450
3 people .....	\$44,350
4 people .....	\$49,300
5 people .....	\$53,250
6 people .....	\$57,200
7 people .....	\$61,150
8 people .....	\$65,100

Other programs available include down payment assistance, housing counseling, foreclosure prevention services, reverse mortgage counseling, home purchase and sales counseling, credit and financial counseling, and fair housing complaint resolution and training.

If you need more, let me know!

— Crystal Handy

Housing & Neighborhood  
Services, Town of Blacksburg

### \*The 2009 tax year?

It's a confusing flaw in the system. The 2009 tax year is the 2008 return, prepared in 2009. — Frank Lau

No one's life, liberty, or property are safe while the legislature is in session.

— from Murphy's Laws  
and Other Truths

## Chapter Member Pens New Book on Caregiving

Phyllis Ollinger, a member of AARP Blacksburg, has written a new book entitled *Memory and Stillness: Our Parent's Keeper*. This is a first-person account of the five-year journey of Phyllis and her brother to care for their aging mother, who had multiple physical and mental debilitating issues in her final days. The paperback book is available from online sources: Amazon.com or Barnes & Noble (bn.com).

### 2009 Medicare Drug and Advantage Plan Enrollment Period Is Nov. 15 – Dec. 31

The Medicare Drug Plan and Medicare Advantage Plan Annual Enrollment Period is from November 15th to December 31st. Do not forget to look over the 2009 plans as there probably have been changes made to your existing plan. There may be a less expensive option for 2009. This is recommended by CMS.

— Brian Allen, Treasurer



# NRV Agency on Aging Receives Elder Abuse Study Grant

Good news begs to be shared! The New River Valley Agency on Aging is pleased to be one of ten recipients, among fifty national applicants, to be awarded a grant from the National Center on Elder Abuse. The grant will be used to assist in developing a multi-disciplinary elder justice coalition in the New River Valley. The Agency and other community partners will work to develop and strengthen the elder justice network engaging all participants to increase the range and scope of responsiveness to elder abuse cases throughout the New River Valley. The coalition will also work toward addressing the barriers that elders encounter when needing protection; whether self imposed or systemically imposed.

We wish there was no need for increasing awareness and promoting the prevention of elder abuse, neglect, and exploitation. However, the reality is that elder abuse is far too common and too often unaddressed. Elder abuse issues are complex. The results can be

devastating. Abuse victims stand to lose their health, dignity, security, independence, and quite possibly even their lives. Because it is a serious problem, strategic approaches to impact elder abuse prevention efforts must be developed.

Janet Brennend, the Long-Term Care Ombudsman and Elder Abuse Prevention Specialist at the New River Valley Agency on Aging, will facilitate the organizing and development of the elder justice coalition. She will be seeking to engage traditional community partners such as other health and human service agencies and organizations

and expanding to include faith-based groups, civic groups, law enforcement agencies, legal and medical professionals, businesses, and financial institutions.

For more information about the elder justice coalition that will be forming in the New River Valley, contact Janet Brennend at the New River Valley Agency on Aging by phone: 540-980-7720 (in the Shawsville/Elliston area call our toll free number, 1-866-260-4417). Or, e-mail Janet Brennend at <ombudsman@nrva.org>

— Tina King, Executive Director  
NRV Agency on Aging

## Shred-A-Thon in C'burg 11-15

A free Shred-A-Thon will be held on Saturday, November 15 from 11 a.m. to 3 p.m. at the Christiansburg Recreation Center. This is a good opportunity to clean out your clutter and help prevent identity theft. For more information, call Sgt. Kevin Tucker at 382-3131.

## "Caring Connections" — A Care Giver and Resource Fair Report

We — Ben Crawford and JoAnn Underwood — attended "Caring Connections," a Caregiver and Resource Fair at New River Community College, November 1st. The conference was especially helpful for the caregiver. The major speaker was Teepa Snow, a Consulting Associate at Duke University School of Nursing. She gave an outstanding series of talks on Dementia. She is a Dementia Training Specialist and she also told us she was from West Virginia which makes her a neighbor.

She compared Dementia to normal aging and gave graphic descriptions of each. This gave some assurance to those of us who are a bit older-ahem. She traveled back and forth in her talk from having Dementia to being the lecturer. It was very effective in getting the idea across. She described situations of caregivers who are over tired and frustrated, and she gave us instructions on letting go and living with the

*See Caring Connections, page 7*

## Nov. 4 minutes, from page 4

died. She checks the New River Valley obituaries in the Roanoke paper against the chapter membership list. She asked that people notify her about sickness or death.

**Driver's Ed**—Curt Finch Reported that there are plans for courses in February and March. Each class can accommodate 20 students. The issue of publicity came up. Jo Ann agreed to put up posters at Warm Hearth. Others suggested distributing posters to retired, public-school teachers, the Virginia Tech retirees group, and placing them at the county courthouse.

**Public Relations**—Nancy Eiss. She will try to get an article in the paper

on Sunday before the Healing Power of Music program.

**Holiday Lunch**—Jo Ann Underwood. Everything is set. It will be a sit-down meal.

**First Monday Breakfast**.—Harriet Damant reported that AARP is responsible for the senior breakfast on December 1 at 10:00. At 11:00, there will be a dedication of the new gym at the Rec Center. Harriett Cooper offered to have her recorder group play at the breakfast.

**Adjournment**—The meeting was adjourned at 11:10.

Respectfully Submitted:  
Virgil A. Cook, Secretary.



# Assessing How Sweet My Home Is — Self Graded Quiz

Anne and Larry Alexander, from *Home Sweet Home News*

## My Home Itself

- |  |     |      |    |
|--|-----|------|----|
| 1. My house interior, exterior, and yard are kept in good shape. ....      | Yes | Some | No |
| 2. I go up and down stairs inside and outside my home easily. ....         | Yes | Some | No |
| 3. I regularly get rid of or throw away stuff so it won't accumulate. .... | Yes | Some | No |

## Cooking and Eating

- |   |     |      |    |
|---|-----|------|----|
| 1. Both my spouse and I can prepare regular meals. ....     | Yes | Some | No |
| 2. I eat nutritious meals at home and when eating out. .... | Yes | Some | No |
| 3. I am able to shop locally at the grocery store. ....     | Yes | Some | No |

## Transportation

- |   |     |      |    |
|---|-----|------|----|
| 1. I had only one ticket or accident in the past five years (or none). .... | Yes | Some | No |
| 2. I can drive anywhere I want to go by myself. ....                        | Yes | Some | No |
| 3. I can get rides from friends, area buses, and taxis. ....                | Yes | Some | No |

## My Support Group

- |  |     |      |    |
|--|-----|------|----|
| 1. I have family members nearby who help me when I need it. ....       | Yes | Some | No |
| 2. I have friends whom I can call upon for help. ....                  | Yes | Some | No |
| 3. I get support and help from my church and other organizations. .... | Yes | Some | No |

## Personal Health

- |   |     |      |    |
|---|-----|------|----|
| 1. My health is okay for me to live at home. ....                   | Yes | Some | No |
| 2. I am able to perform most household chores or get help. ....     | Yes | Some | No |
| 3. I remember to take medicines and to get to my appointments. .... | Yes | Some | No |

## Financial Situation

- |   |     |      |    |
|---|-----|------|----|
| 1. I have enough money to continue living in my house. ....           | Yes | Some | No |
| 2. I use ATMs and can go on-line to make financial transactions. .... | Yes | Some | No |
| 3. My children/relatives will help me financially if needed. ....     | Yes | Some | No |

## Staying Connected with Family And Friends

- |  |     |      |    |
|--|-----|------|----|
| 1. I regularly talk on the phone to family and friends. ....     | Yes | Some | No |
| 2. I have emergency phone numbers programmed into my phone. .... | Yes | Some | No |
| 3. I send and receive E-mails from family and friends. ....      | Yes | Some | No |

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Give yourself a pat on the back for all the "yes" answers you had on the quiz. Those answers may be strengths. Now look at your "some" and more importantly your "no" answers. These answers may be your weaknesses. Failure to address them may make it harder for you to stay in your home.

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## Caring Connections, from page 6

problems instead of trying to change the unchangeable. We will try to get a tape of her talk to offer our local caretakers. She ended her presentation with helpful hints on how to enjoy the Holidays when Dementia is part of the picture. In the future we will include some of her suggestions for the caregiver in this Newsletter. One of the

main ones is not to fight it, the person, but relax into the caring process and get help and rest when needed.

The auditorium was packed with Caregivers listening to her suggestions.

There was also an exhibit room with much to help the caregiver with the many tasks that each will face in the difficult years ahead. Our AARP

Chapter had an exhibit and much information and many red bags were distributed. I would like to mention that I won a door prize. It is a lucky month for me. — JoAnn

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Nothing is impossible for the person who doesn't have to do it.



Jo Ann Underwood, 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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## Caring Committee Needs Information about Members' Needs

AARP's Caring Committee needs your help. We are entrusted with cheering up our members who are ill, have had an accident, or perhaps just need a kind word or two. We

also would like to express our Chapter's sympathy to a family who has recently lost a loved one. But the only way we can know whom to write to is if YOU let us

know. Please contact Harriett Cooper by e-mail <chayabrona@verizon.net> or by phone (552-3446). Help us bring some cheer or condolences to those who need it.

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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."*

*Contact Membership Chair, Jim Gaines <gaines@vt.edu>, if you qualify.*

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