



Chapter 3396 Newsletter

The Power to Make it Better

www.aarp3396.org

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Vol 13. No. 8

TO SERVE, NOT TO BE SERVED

August 2013

Next Meeting: Tuesday August 7, 2013

When: 9:30 AM

Where: Dorothy Hart Community Center

Program: Patient Advocacy – Mrs. Gae Pinschmidt

From Your President

Summer is here in full blast but Fall is not far behind. Part of the business of the chapter is to create and live by a budget and ours needs some tweeking. Specifically our costs for the monthly newsletter. We use a bulk mail stamp to save money but it requires us to mail 200 units each time. We only have about 130 members and we also send a copy to senior living facilities (30). So that leaves about 40 copies that never get read because they get sent back to us. As a result we really are wasting money to save money! The board is looking at ways to trim the expense of producing and delivering the newsletter and we have several alternatives to present to you, our members. They are:

1. Distribute via email to those members that we have valid email addresses
2. Let members go to our website to read/print the newsletter.
3. Pick up a hard/printed copy at the monthly meeting. or
4. Get a mailed copy at home.

The 4th option would mean that members would have to pay for the newsletter postage of approximately \$6/yr. This would be paid along with their dues annually. Each newsletter would be sent via 1st class mail. We plan to use a combination of these options to reduce the costs. If members did not want the physical newsletter they could use the 2nd option. Please give these options some careful consideration as we will be surveying the members at the August and September meeting before we make a decision on which route the Board will take.

This next month, September, is AARP's annual food drive and I am encouraging all of our members to at least donate five cans of fruit, soup, meat, vegetables, or jars of peanut butter that will go to the Fredericksburg Area Food Bank. Bring them to the September meeting. If you have the gumption to approach your favorite food store and ask them if you can head up a collection team during the week of September 8th then I have materials which you can give them to introduce the project. I may not be

at the meeting this month but I can get the materials to you or you can contact AARP Virginia to get them. Contact Amber Nightingale at anightingale@aarp.org to sign up and get materials. You should team up with other AARP members to work a store for 6-8 hours on the agreed upon date. Arrangement to get the collected food to the Food Bank can be made through me.

Birthday/Anniversaries -- Don Colt

Thanks go to all who have provided birthday information so you could be recognized in our fine monthly Newsletter and receive "hugs and kisses" at our general meetings. Members celebrating their birthdays in August are as follows:

Mickey Collis (1st); Peg Johnson (8th); Jo Harding (10th); Dona Ellen Grigg (11th); Gail Palmer (13th); Marie Clark (15th); Shirley McRae (21st); Debby Creech (24th); Audrey Burt (26th); Kate Billing (27th); Arthur Thompson (28th); and Shirley Buongiorno & Doris Gouldman (31st). Happy Birthday to all!!!

As previously reported, we have also developed an Anniversaries database for those members celebrating at least 50 years of wedded bliss -- which presently stands at eight. None of these couples will be celebrating in August. Now, we're sure there are many of you out there who we should be recognizing, so get those cards and letters in the mail.

*****Anniversaries Less Than 50 Years – Something New – Don Colt*****

It has been suggested that we begin recognizing all wedding anniversaries – not just those of 50 years or more. So if you wish to be recognized in our monthly newsletter please e-mail me at dgc1306k@cox.net. To date, I have only received input from two members – including Steve Scheibe, who with his wife Judy, will be celebrating on August 16.

Food Donations (Repeated from previous Newsletters -- Don Colt

Hey there food shoppers! If you patronize supermarkets which offer "Buy One, Get One Free", why not bring in the "free" one to one of our General Meetings for donation to one of our designated charities?

"Don's Corner" – A New Feature Appearing on our Website (www.aarp3396.org)– Don Colt

Our Webmaster, Sally Cooney Anderson, has added a new feature to our Website – "Don's Corner" containing the joke(s) told at the most-recent general meeting(s). This will provide members who were unable to attend these meetings the opportunity to "hear" the funny stories for themselves.

Riverboat Trip – Tentatively Scheduled for October.-- Don Colt

A sign-up sheet was available at several prior General meetings to gauge the interest of members wishing to go on a luncheon cruise down the Rappahannock. This looks like it's a "go" – set for the second Tuesday in October, the 8th. Group rate, including a fabulous buffet lunch, is \$30. If you have not yet already done so, please let us know that you are interested either by signing up or by sending me an e-mail. More details in a future Newsletter.

Walk to End Alzheimers – Saturday, September 28 – Don Colt

The annual Walk to End Alzheimers will be held on Saturday, September 28, on the campus of the University of Mary Washington. Although your Chapter will not be a Sponsor this year, we will still be passing around donation envelopes at both our August and September General Meetings. Please be as generous as you have been in the past. Checks should be made out to the Alzheimer's Association. Cash is always welcome.

Raffles – Kathy Corley

Joyce Cronk and Susan Trunzo won the door prizes.

Drivers Safety Program – Shirley Keister

LAKE OF THE WOODS LIONS

(540) 208-1914 (Call To Register)

110 SWEETBRIAR PARK RD. LOCUST GROVE, VA 225085441

08/08/2013 09:00 AM & 08/09/2013 09:00 AM (4 hours each day)

ALEXANDER HEIGHTS ACTIVE SENIOR LIVING

(804) 867-8489 (Call To Register)

2704 SALEM CHURCH RD FREDERICKSBURG, VA 224076454

08/10/2013 10:00 AM & 08/17/2013 10:00 AM (4 Hours each day)

SPOTSYLVANIA COUNTY PARKS AND REC

(540) 507-7533 (Call To Register)

8800 COURTHOUSE RD. SPOTSYLVANIA, VA 225532514

09/19/2013 09:00 AM & 09/20/2013 09:00 AM (4 hours each day)

TRIPS

The following overnight trips are offered by King George Parks & Rec. For further information, call Janine Paulsen 540-775-4FUN

Chicago October 14-20 6 Days/5 Nights \$679 pp/Double

Mackinac Island, Mich. September 13-19 7 Days/6 Nights \$739 pp/Double (add \$239 Single)

Orlando, FL Nov 10-16 7 Days/6 Nights \$589pp/ Double (add \$189 single)

Trips you don't want to miss. For more info, call Janine Paulsen 540-775-4FUN.

Vermont 6 days - 5 nights \$679.00 bases on double occupancy.

Aug 11 - 16th

Includes 5 breakfast and gourmet lunch at local inn w/ cooking demo.

2 Dinners

Maple tasting at Morse Sugar Farm

Taste the Flavor of Green Mountain Coffee

Vermont Country Store

Cheese Tasting at Cabot Cheese

Ben & Jerry's Ice Cream Factory Tour

Danforth Pewter and more

Christmas Time In New York City Dec. 11th and 12th

\$339 per person double occupancy 2 Days & 1 Night

Includes Radio City Music Hall Christmas Spectacular with the Rockettes

Wheeling - Greenbrier West Va Dec 3 - 5th

\$345 per person double occupancy

2 Dinners , 2 Breakfast

Historic Hotel Tour w/ lunch at the hotel

Casino Club \$20 free play

Culinary demo

Oglebay Park Festival of Lights.

MORE TRIPS:

If you are interested in any of the following trips, please call the Travel Office at Fredericksburg Senior Center 371.2429

Hollywood Casino August 1, 2013

Barksdale Dinner Theater to see Goodnight Gracie (about George Burns and Gracie Allen) September 25

Western Maryland Railroad trip from Cumberland to Frostburg. Lunch will be served on the train. October 17.

Graves Mountain Lodge (fried chicken meal), stop at Yoder's Country Store and the Apple Barn October 22

	Current	Year
	Month	to Date
TREASURER'S REPORT –		
Shirley Keister		
Beginning Balance January 1, 2013		\$1,937.23
Checkbook Balance June 24, 2013	\$2,627.14	
Receipts:		
	No receipts	
Total Receipts:	\$0.00	\$1,665.00
Disbursements:		
	Copy Ctr Plus July NL	\$34.00
	Refreshments	\$20.79
Total Disbursements	\$54.79	\$1,029.88
Checkbook Balance July 24, 2013	\$2,572.35	\$2,572.35

Refreshment Providers – Fran Keith

Those signed up for refreshments for August are Joyce Cronk, Mary Ann Henry, Stephanie Sloan and Fran Keith.

AARP CHAPTER 3396
PO BOX 3396
FREDERICKSBURG VA 22402-3396
RETURN SERVICE REQUESTED

Non-Profit Organization U.S. Postage Paid Fredericksburg VA Permit 139

DATED MATERIAL

Next General Meeting: August 7, 2013

Newsletter Deadline: August 22, 2013

Next Board Meeting: August 27, 2013

Senior Visitors Program – Teresa Bowers

The Senior Visitors Program is a service program in the Fredericksburg area that promotes independence, dignity and healthy living for older adults in their own home environment. This program matches isolated homebound seniors with trained volunteers who provide a friendly visit for an hour on a weekly basis. There is no cost for this program to the client and the ongoing relationship can make the Senior Visitors Program an especially meaningful and satisfying experience for the volunteer while it fills a void in the life of an elderly person in our community. The Senior Visitors Program is actively seeking volunteers to serve as visitors. For more information about volunteering for the Senior Visitors Program, or about how to refer a senior citizen to the program, please contact the Senior Visitors Program at 540-371-2704.