



Chapter 3396 Newsletter

Fredericksburg, Virginia

“To Serve, Not To Be Served”

Vol 14. No. 8

August 2014

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Refreshments
Kathleen Holler & Marietta D'Ostilo

Sunshine
Kaye Loucks

Travel/Trips
Shirley Keister

Next Meeting: Tuesday, August 5, 2014

Where: Chancellor’s Village

Time: 9:30 a.m.

Speaker: Maryanne Stanza - “Elder Study”

Presidential Prose

Kathy Corley

We have now reached the hottest part of the year. I hope you all are fairing the heat well. The thunderstorms seem to cool it down a tad, but July is hot!

We had a hot day for our picnic, but definitely enjoyed the cool of the building at Cosner’s Park. Thanks goes to Shirley Keister for reserving the Cosner Park building for our picnic. Thanks to Steve for picking up the key to the building, helping to set up and take down the room, sweeping and mopping the floor, and taking out the trash. Thanks also to Steve for the great music. We heard music from the early 1900s through the 60s, I believe. A special thanks to Stephanie for having to deal with Popeye’s in order to bring us the good fried chicken. There were many others who helped set up and take down the room which made clean up go smoothly, and I thank all of you so much for helping. Thanks to all for the great food as well. As dad always said, “If you didn’t get enough to eat, it’s your own fault!” We had a nice assortment of side dishes and, OMG, the desserts!

Another special thanks goes to Kaye Louck. Kaye donated several door prize bags for our picnic give aways. That was very sweet of her to do. Thank you, Kaye. Also, adding the birthday “hugs and kisses” to her selling of the tickets for 50/50 and setting up the door prizes papers is Fran Keith. Wow! She’s a busy lady and one we really appreciate. Thanks, Fran, for all you do each month.

August has us at Chancellor’s Village again for our membership meeting. I hope to see a nice group on August 5. Come around 9:30 am so you can visit with your AARP friends and enjoy the goodies.

Marietta got us permission to set up at Giant Food on Town and Country Road for the Food Drive in September. So put September 14 on your calendar. We will be there collecting food from 11 to 5. If we get enough help we can do shift work, and it is not so much on any one person. We will have a sign up at the August meeting. Don’t forget to sign up to volunteer your time. We have several activities going on that can use helpers

Community Service

Sally Cooney Anderson

The AARP Chapter 3396 Corley/Burt Community Service Committee leads Chapter efforts to identify and respond to essential social needs in our community and to provide meaningful and rewarding volunteer opportunities for Chapter members. The Committee

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meets monthly, immediately after the Chapter Meetings, except for July and December. All Chapter members are invited to attend.

The **AARP Chapter 3396 Corley/Burt Community Service Committee** leads Chapter efforts to identify and respond to essential social needs in our community and to provide meaningful and rewarding volunteer opportunities for Chapter members. The Committee meets monthly, immediately after the Chapter Meetings, except for July and December. All Chapter members are invited to attend.

On July 24, seven Chapter volunteers shopped for, prepared and served dinner at the Thurman Brisben Center. Chef Steve made beef stroganoff. Many of the residents thanked us profusely as they came back for second helpings.

In order to maximize the impact of our Chapter's support for community organizations, prior to each meeting, we will ask attendees to bring donations for a specific organization. Needed items will be listed in the schedule.

Committee Members: Sally Cooney Anderson (Chair), Audrey Burt, Marietta D'Ostilio Kathleen Holler, Tina McIntosh, Shirley McRae, Stephanie Sloan, Betty Lee Sprinkle, Dominique Thomas (Good Will), Jessica Walker, Sam Whitehurst

Chapter Supported Organizations

Organization

LEAD

Thurman Brisben Center

Sally Anderson

Meeting Collection Items: food, paper supplies, lunch box items

Thurs August 28 – Prep & Serve Dinner

Kathy Corley to do shopping; Shirley McRae & Sally Anderson to cook.

Sign up sheet at August meeting.

Thurs September 11 - Beth Sholom Temple Helping Hand Project

Chapter Annual Day of Service

Mon October 27 – Prep & Serve Dinner

Mon January 19, 2015 - Beth Sholom Temple Helping Hand Project

Moss Free Clinic

Shirley McRae

New Wish List received

Audrey Burt

Bragg Hill Family Life Center

Sam Whitehurst

Meeting Collection Items: food, paper supplies, clothing

Betty Lee Sprinkle

Sat August 23 - Community Day

Sign up sheet at August meeting.

Rappahannock Food Bank

Sam Whitehurst

Sat September 6 - Work Assembly Line

Betty Lee Sprinkle

Sign up sheet at August meeting.

Sat October 4 - Work Assembly Line

AARP VA Statewide Food Drive

Marietta D'Ostilio

September 14 – 9:00am-5:00pm

Giant at the corner of White Oak & Town & Country Roads

Complete & return AARP VA form

Kathy Corley

Sign up sheet at August meeting.

The Holiday Project

Sally Anderson

NH/IL Visits planned October 31 & December 25

Micah Ministries

Kathleen Holler

Bottled water, underwear-tops and bottoms, mini toiletries, socks, individual snacks, fruit, non-refrigerated jello and pudding. Volunteers at Princess Anne Street for the desk and working intake. They like to have a commitment of one day a month.

Rappahannock Council Against Sexual Assault (RCASA)

Sally Anderson

Supplies for Art Therapy

Empower House

Marietta D'Ostilio

Hope Center
FB Parks & Rec

Parks Dept will contact Jessica if there are needs

Operation Medicine Cabinet
Good Will GoodSkills Literacy Corps

Marietta D'Ostilio
Jessica Walker

Steve Scheibe
Dominique Thomas, Jessica Walker

MONTHLY DONATIONS

In order to maximize the impact of our Chapter's support for community organizations, prior to each meeting, we will ask attendees to bring donations for a specific organization. Needed items will be listed.

August	Moss Free Clinic
September	Rappahannock Food Bank - Non-perishable, NOT past expiration date
October	Thurman Brisben Center
November	Bragg Hill Family Life Center
December	The Holiday Project
January	Rappahannock Council Against Sexual Assault

Upcoming Events

August Moss Free Clinic

copy paper, mailing labels, post-it notes, 9x12 manila envelopes, pens, pencils, highlighters, petty cash for medical vouchers and late fees and travel, gift certificates to local businesses/eateries, paper plates, napkins, cups, plastic utensils, bottled water, snacks: fruit bars, small fruit juices, pretzels, microwave popcorn, cookies, etc., printer, ekg machine, wall-mounted otoscope/ophthalmoscope, AED machine

At our August 5 meeting, members will have an opportunity to sign up to volunteer for the following:

Sat Aug 23 Community Day at **Bragg Hill Family Life Center**

Thurs Aug 28 Prep & Serve Dinner at **Thurman Brisben Center**
4:00pm-5:30pm – Cook; 5:30pm-6:30pm — Serve

Sun Sept 14 **AARP VA Statewide Food Drive**
9:00am-5:00pm
Giant at the corner of White Oak and Town & Country Roads

Sat Sept 6 Work Assembly Line at **Rappahannock Food Bank**

COMMUNITY SERVICE CALENDAR

Fri Aug 8 **Interfaith Council School Dressing Days**

To sign up to volunteer, go to www.SignUpGenius.com/go/9040C45AFA922A31-volunteer/17042412

Sat Aug 9 **Interfaith Council School Dressing Days**

To sign up to volunteer, go to www.SignUpGenius.com/go/9040C45AFA922A31-volunteer/17042412

Sat Aug 23 Community Day at **Bragg Hill Family Life Center**

Thurs Aug 28 Prep & Serve Dinner at **Thurman Brisben Center**

Sept **AARP VA Statewide Food Drive** Grocery Store Food Collection

Tues Sept 2 Bring items to Chapter Meeting for the **Rappahannock Food Bank**

Sat Sept 6 Work Assembly Line at **Rappahannock Food Bank**

Thurs Sept 11 Chapter Annual Day of Service - Beth Sholom Temple Helping Hand Project at **Thurman Brisben Center** Membership

Treasurer's Report

Joyce Cronk

Treasurer's Report

2014

Beginning Balance June 10		\$4364.71
6/23 Membership	12.00	
7/1 Return deposit Spotsy		
Parks & Rec	50.00	
7/14 Membership	36.00	
50/50	29.00	
Guest/chicken sales	20.00	
Total Deposit		+147.00
Disbursements		
7/1 #1572 S. Scheibe for		
Newsletter	131.94	
7/1 #1573 S. Sloan for		
Chicken for picnic	<u>95.00</u>	
Total Disbursements		<u>-226.94</u>
Balance July 14, 2014		\$4284.77*

***Balance reflects Brisben money \$717.80**

Membership

Shirley Keister

During the month of July, I have been calling and emailing the 58 members who have not paid their dues for 2014. Several have sent their dues in; probably half have just not replied, and we have had 15 who decided not to rejoin for various reasons. I have not received checks from some people who told me they would rejoin. If you have not paid your 2014 dues, by the August meeting, you will no longer be listed as a member or receive a newsletter. Make your check payable to AARP #3396 and mail to: Shirley Keister, 12100 Chancellor's Village Lane, Apt. 1204, Fredericksburg, VA 22407-6502. My phone number: 540-548-2538, E-mail: shirlevnk@aol.com (Or bring it to the August Meeting at Chancellor Village)

Legislative

Mary Kofron

Birthdays/Anniversaries

Shirley Keister

BIRTHDAYS - Those celebrating birthdays in August are Mickey Collis (7th); Peg Johnson (8th); Dona Ellen Grigg (11th); Gail Palmer (13th); Shirley McRae (21th); Debby Creech (24th); Audrey Burt (26th); Arthur Thompson (28th); and Shirley Buongiorne (31). HAPPY BIRTHDAY TO ALL!

ANNIVERSARIES - Congratulations to Steve and Judy Scheibe, who will be celebrating an anniversary on August 16.

Refreshments

Marietta D'Ostilio

Members providing refreshments are: Joyce Cronk, Mary Baffo, Sally cooney Anderson, and Fran Keith.

Crime Prevention Recommendations for Senior Citizens

Deterring the Burglar

Your Keys

Never carry identification tags on your key ring or holder. Don't hide a spare key outside your door, under the door mat, in the mail box, the flower box, over the door the burglar knows where to look.

Door Locks

Always lock your exterior doors, both when you are at home and away. Most law enforcement experts agree the best kind of exterior door lock is a deadbolt lock with a 1-inch bolt. This should be a double-cylinder deadbolt that requires a key on both the outside and the inside of the door. The deadbolt can be either horizontal or vertical (also called a rim lock) which describes the direction in which the bolt drops. Avoid chain locks, they are too easily broken. If you want to see who is on the other side of the door, install a wide-angle viewer in your door.

The Door Itself

Solid core wood (at least 1 3/4" thick) or metal exterior doors are highly recommended. Hollow core doors and doors with glass panes can be easily smashed and forced open. Strengthen existing doors by installing metal grilles or shatter-resistant plastic panels over all glass panes. For sliding doors, place a broomstick or an aluminum bar in the door track so it won't be easy to force open. Also for sliding doors, to prevent someone from prying them from their tracks, insert a couple of screws through the track into the frame with their heads protruding just far enough so the door clears. For exterior doors, if there is more than a 1/8" clearance between the door and the frame, bolt a sturdy metal strip to the door edge or replace it.

Windows

To secure traditional double-hung windows, drill a hole at a slightly downward angle through the first sash and into, but not through, the second (back sash). Then slip a large nail or eyebolt into the hole. The nail or eyebolt can be easily removed from the inside to open the window.

Lighting

All exterior entrances or doorways, garages and even alleys should be well lighted.

Home Alarm Systems

There are four situations in which a comprehensive electronic security alarm system is recommended.

1. If the homeowner has expensive valuables that need protection; 2. If burglaries are a chronic problem in the neighborhood; 3. If the homeowner is away from the home for long periods of time or frequently; and 4. If there are no nearby neighbors.

Minimize the Risk

Direct Deposit your Social Security check, pension or other regular incoming checks. Avoid keeping large amounts of cash in the home. Place valuable jewelry, convertible securities and other important papers in a safe deposit box. Participate in Operation Identification and mark valuables. Appraise and photograph jewelry, precious antiques and artwork.

Sunshine

Kaye Loucks

Thinking of you cards sent to: Kathleen Holler-Fall Mary Kofron-Bronchitis Linda Long-Cataract surgery
Hope everyone is feeling better!

Travel/Trips

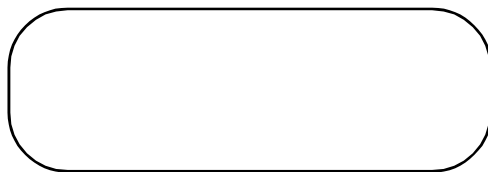
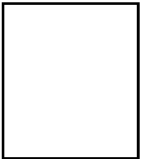
Shirley Keister

These trips are being offered by Fredericksburg Senior Citizens Association. Please call 371-2429 for more information. Or you can call me, Shirley Keister 548-2538. AARP Lake of the Woods chapter is organizing a trip to Miami and Key West from Jan. 11-17, 2015. For information see the flyer on our website.

Other News

Student Dressing Days are being held on August 8-9 and they need backpacks for the students. Five Below has them for around \$5 so if you can afford to buy one or two bring them to the August meeting.

Fredericksburg AARP Chapter 3396
P.O. Box 3396
Fredericksburg, Va 22402-3396
Return Service Requested



Next General Meeting- September 2 @ DHCC
Newsletter Deadline- September 20
Next Board Meeting- September 22