



Chapter 3396 Newsletter

Fredericksburg, Virginia

“To Serve, Not To Be Served”

Vol. 15 No. 8

August 2015

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Refreshments
Marietta D’Ostilio
Sunshine
Kaye Loucks
Travel/Trips

Next Meeting: Tuesday, August 4, 2015

Where: Dorothy Hart CC

Time: 10:00 a.m.

Speaker: Karen Kallay, Mental Health Resources

Presidents Report

Kathy Corley

August birthday wishes go to Peggy Johnson on the 8th, Elen Grigg on the 11th, Shirley McRae on the 21st, Debby Creech on the 24th, Arthur Thompson on the 28th, and Shirley Bounjorne on the 31st. We hope you all have wonderful days.

President’s notes: I want to take this opportunity to thank those who helped to make the July picnic a success. The first thank you goes to Betty Lee Sprinkle for getting us the room, making sure they set the room up correctly, and for getting the entertainment for the day. Thank you also go to Marietta D’Ostilio, Kathleen Holler, and Sally Anderson for preparing the tables with cloths and decorations as well as the essentials – plates, cups, silverware. Thanks to the board members who brought the drinks and to Stephanie Sloan for picking up the chicken and having it ready to serve at noon. Finally, thanks to all of you for bringing such wonderful sides to compliment the chicken. Many brought desserts that were absolutely fabulous. All in all, I believe we have a very good picnic.

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. In 2015, the committee meets monthly, immediately following Chapter Meetings, except for July and December. Our next meeting will be on **Tuesday, August 4**, after the Chapter Meeting. All Chapter members are invited to attend. On **Tuesday, September 1**, the committee will be going to *Wegmans* (after the Chapter meeting) for lunch and our **Annual Planning Meeting**. We will be looking at ideas for what we want to do in 2016.

THANKS to everyone who contributed cash at our July picnic for the *Alzheimer’s Association*. So far, we have raised \$85. We will continue to collect donations until the **Walk to END Alzheimer’s on September 26**. Please consider joining us for the walk. It’s just a mile and we walk very slowly.

Thanks to all who volunteered in July, cooking and serving breakfast for *Micah Ministries* clients and cooking and serving dinner at the *Thurman Brisben Center*.

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We ask that on **Tuesday, August 4** you bring to our meeting — backpacks and school supplies for the *Interfaith Community Council School Dressing Days* to be held August 14-15. To sign up to volunteer, go to: www.SignUpGenius.com/go/9040C45AFA922A31-volunteer/17042412

In August, we have several other volunteer opportunities:

On **Saturday August 8**, from 6:30am-8:30am, we will be preparing and serving breakfast for *Micah Ministries* clients. When we did this in July, we discovered there is a need for men's clothing and shoes so feel free to bring those to the August meeting and we will deliver your contributions.

On **Tuesday, August 11**, at 1:30pm, we will hold our 3rd **Food Drive Planning Meeting** at Dorothy Hart, in preparation for the statewide drive from **September 11-20**. Please stop by the community service table at our next meeting to sign up to volunteer.

The annual **Bragg Hill Community Center Family Day** will be held on **Saturday August 22**. If you are interested in volunteering, please contact the Center directly.

To finish out the month, on **Saturday, August 29**, we will have an AARP Information Table at the **Mary Washington Health Fair**.

In addition to volunteering opportunities, on **Wednesday, August 26**, from 1:30pm - 3:30pm, there will be another **Life Reimagined Checkup** at the Caroline Street Library. If you have not participated in this fun and motivational session, think about joining us.

Remember to bring gift baskets for our silent auction at our meeting on **Tuesday October 6**. Proceeds from the auction will go toward supporting our community service initiatives. If you are not ready to exercise your creative side and you still want to donate, give your items to Sally. Several people are willing to make baskets and will use your donations. Completed baskets should be given to Sue Dinnauer.

For additional information about our Chapter's community service, contact Sally at sallycooneyanderson@yahoo.com or 540-371-7484.

Birthdays/Anniversaries

August

8- PEGGY JOHNSON, 11-ELEN GRIGG , 21-SHIRLEY MCRAE, 24-DEBBY CREECH, 28- ARTHUR THOMPSON, 31-SHIRLEY BUONGIORNE

Fredericksburg Seniors Travel Committee -

Sister Act, a musical comedy at Riverside Center Dinner Theatre. We have reserved a matinee on Wednesday, September 30, 2015. Your \$50.00 price per person includes luncheon, performance, tax and gratuity. Get your money in soon to the travel office to reserve your seat!

Charles Town, WV, Casino, Thursday, August 20 – 8AM – 5PM

\$35.00/person (\$20.00 slot play given by casino)

Come and enjoy a day playing the slots. The sign-up sheet is available in the Travel Office.

Staunton, VA, Tuesday, September 8 – 8:30 AM – 6:00 PM

Cost \$35.00/person with lunch at your own expense.

We will tour Sun Spots Glass Factory for a glass blowing demonstration, with lunch on your own at The Bistro in downtown Staunton. The sign-up sheet is available in the Travel Office.

Graves Mountain Lodge, Syria, VA, Tuesday, October 13 – 9:30 AM – 4:30 PM

Cost \$56.00/person (includes the cost of the fried chicken dinner)

Lunch at the Lodge, a stop at the Apple Barn; Yoder's Market on Route 29 in Madison County and the Country Store & Bakery on Route 29 in Culpeper County. Be sure to bring a cooler for your purchases. The sign-up sheet is available in the Travel Office.

Charleston, SC, Historic Festival of Lights, Weds., Thurs., & Fri. - December 2, 3, & 4

Cost \$349.00/double occupancy

Visit beautiful Charleston during the holiday season! Flyer and sign-up sheet are available in the Travel Office. (Trip insurance is available.)

Sunshine

Kaye Loucks

If you know of any members that are ill or are recovering from surgery, let me know so I can send along a card. Sent thinking of you/get well cards sent to the following; Annie Mae Jones, Jessica Walker, and Mack Cline.

Refreshments

Marietta D'Ostilio

The following individuals will be providing refreshments for our next meeting: Dorothy Dinnauer, Evadine Cooper, Sue Dinnauer and Lucretia Edreos

Thanks! If you haven't signed up this year - please do!

Membership

Kathy Corley

Membership: No new members so bring a friend!

Senior Safety Tips

Medic Alert Devices

At the FTC, one of our goals is to stop scammers and end their schemes. Sometimes, that requires persistence. Take the case announced today by the FTC and the Florida Attorney General against Lifewatch, Inc., a company that sells medical alert systems, mostly to older people.

Last year, the FTC and the Florida AG sued Senior Safe Alert, a telemarketer that made illegal robocalls to pitch so-called "free" medical alert devices to older people. But they also lied about the cost and quality, and that company was quickly shut down. But the medical alert systems came from another company, Lifewatch, which simply recruited new telemarketers. You can probably guess what happened next: they kept up the deceptive campaign, including illegal robocalls. So now the FTC and the Florida AG are suing Lifewatch.

Here's a trifecta of misrepresentations the FTC says Lifewatch made in its telemarketing campaign:

1. *Your alert system has "already been paid for" by a friend or family member.* Not true.
2. *The system is endorsed by major organizations like the American Heart Association or AARP.* Nuh-uh.
3. *You won't be charged anything until you activate the device, and you can cancel the service at any time without further payment.*

Not so much. Actually, Lifewatch charged people as soon as it got their account information. Then, they refused to let people cancel until the company got back the equipment or a \$400 penalty.

There are legitimate companies selling medical alert systems. But they don't rely on unexpected – and illegal – robocalls. If you get a recorded sales message (and you haven't given your written permission to get calls from the company on the other end), the call is illegal. And it's probably a scam. Hang up and report your experience to the FTC at ftc.gov or call 1-877-FTC-HELP.

Nat Wood

Associate Director, Division of Consumer & Business Education, FTC

Editor's Note

Thanks to all who helped cook and serve at our most recent Brisban Shelter dinner. Sally tried a new chicken dish with white gravy and cheese. We also had pasta with both white or red sauce, brocolli casserole, rolls, butter, and desert. I think we have a keeper for our recipe book for future meals. I understand that AARP also donated funds to have their ice machine repaired and they are eternally grateful for having it working again. This is one of our special volunteer opportunities than you can see the rewards directly on the faces of the recipients. Hope you will consider volunteering next time we prepare a meal.

Treasurer's Report as of July 18, 2015

Beginning Balance June 14		\$3386.00
Deposits		
	7/10 50/50	30.00
Membership		<u>7.00</u>
Total Deposits		+ \$ 37.00
Disbursements		
	7/7 #1674 S. Sloan	
	Picnic chicken	128.00
	7/7 #1675 Mike Milsted	
	Picnic entertainment	30.00
	7/7 #1676 S. Scheibe	
	Newsletter	<u>7.07</u>
		139.24
Total Disbursements		- <u>\$165.07</u>
Balance July 18, 2015		\$3257.93