



Chapter 3396 Newsletter

Fredericksburg, Virginia

“To Serve, Not To Be Served”

Vol. 15 No. 7

July 2015

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- Program
Stephanie Sloan
- Refreshments
Marietta D'Ostilio
- Sunshine
Kaye Loucks
- Travel/Trips

Next Meeting: Tuesday, July 7, 2015

Where: Dorothy Hart CC

Time: 11:30 a.m.

Speaker: Luncheon

Presidents Report

Kathy Corley

Summer has arrived! June was a range of 58° to 97°, but not cooler at the beginning of the month to hot at the end of the month. The temperature went up and down constantly, the put the rain on top of that. What a June!!

Remember, the July 7th picnic meeting is at the Dorothy Hart Community Center. We don't eat until noon, so no need to come before 11:30 as we will not be set up. Don't forget to bring a dish to share to accompany the fried chicken. I am looking forward to all the good food. We will have a gentleman singer to entertain us after we eat. Come have a great time visiting with friends!

We have some openings on the board this year, so if you would like to serve on the board, let Sally know. The board members serve as a guiding force for our members. They bring members' ideas to the board and keep the officers in line and moving in the right direction.

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 will meet 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 and items at our June meeting for the *Thurman Brisben Center*. The value of our contributions was \$630 which will be matched by *The Sunshine Lady*. And thanks to all who volunteered at the *Art of Aging*. We educated a lot of people about what we do in our community.

Since you are already bringing food to our picnic on July 7, we are not asking you to bring items to donate. Instead, we will be asking you to sign up to participate in the *Walk to End Alzheimer's* on **Saturday September 26**. On a personal note, last night, I watched "Still Alice". It is a senior horror movie! If you see it, you will want to support research for treatment.

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In July, we have several volunteer opportunities:

- On **Saturday July 11**, we will be cooking and serving breakfast for *Micah Ministries* clients, from 6:30-8:30am. The location is the *Presbyterian Church of Fredericksburg* at Princess Anne & George Streets. If you are interested in helping, sign up at the picnic or contact sallycooneyanderson@yahoo.com or 540-371-7484.
- On **Tuesday July 21**, we will be cooking and serving dinner at the *Thurman Brisben Center*. Cooks arrive at 4:30pm and servers arrive at 5:30pm. If you are interested in helping, sign up at the picnic or contact sallycooneyanderson@yahoo.com or 540-371-7484.
- Sign ups are open for volunteering for the *Interfaith Council School Dressing Days*. To sign up, go to: www.SignUpGenius.com/go/9040C45AFA922A31-volunteer/17042412

Remember to start thinking and collecting items for gift baskets for our silent auction on **Tuesday October 6**. 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

July

Rose Marie Schlemm - 6th, David Weightman - 12th, Sue O'Donnell - 14th, Helen Davenport -16th, Robert Kubarek - 21st, Martha Mason - 21st, Kathleen Holler - 25th, Robert Pfile - 25th, Margaret Watkins - 25th, Beverly Nelson - 27th, Dorothy Vandivert - 31st **Happy birthday to all!**

Fredericksburg Seniors Travel Committee -

Sister Act, a musical comedy at Riverside Center Dinner Theatre. We have reserved a matinée 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!

Captain John's Crab House, Cobb Island, MD, Tuesday, July 28 – 9:00 AM – 5:30 PM

Cost \$35.00/person with lunch at your own expense. We will tour the Dahlgren Heritage Museum on the way and journey to the Amish Farmers Market in Charlotte Hall, MD, after lunch. Bring a cooler to stock up on their goodies! The sign-up sheet is available in the Travel Office.

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 cards/prayers to:

Membership

Kathy Corley

Membership: No new members so bring a friend!

Senior Safety Tips

Robocall Scams Push Medical Alert Systems

The latest in unwelcome, illegal, prerecorded sales calls are from scammers pitching a safety alert system for older adults.

The callers spoof a phone number so it looks like a local call on caller ID. If you pick up, you'll hear a message saying you're eligible for an alert system, or system upgrade, or that someone bought a system for you. The message asks you to "press one" on your phone to talk to a live operator, who will quickly ask for a bank account, credit card, or Medicare number, and maybe an address, to "expedite shipping and handling."

What is the best response? Don't press a number, and don't speak to a live operator. People who gave their information have seen monthly charges of \$35 and up for that "free" system. If you get a call with a recorded sales message and you haven't given the company your written permission to call, the call is illegal. Since the call itself is illegal, you can bet the offer is a scam. If you gave information to one of these callers, check your account statements. If you find unexpected charges, ask your bank or credit card Company to remove them. Finally, contact the FTC online or at 1-888-382-1222 to report your experience.

by Bridget Small , Consumer Education Specialist, FTC

Art of Aging Expo recap – June 10th

This event is in its 9th year and the attendance grows every year. The target audience is seniors over 50 years old and the theme is how to get more out of life in the Fredericksburg area. We had about 100 vendors which included health agencies, recreation organizations, cooking demos, health screenings and many others. Many vendors offered volunteer opportunities for attendees,

Because of our terrific location when entering the expo center and the fact we had a corner all to ourselves we had close to 400 attendees stop by if for no other reason than to get a giveaway item. We had an extra table and cloth to spread our literature out. We ran out of giveaways and most of the literature that was sent from Richmond. Mary and Sally brought in extra literature from home. 5-6 people showed their postcard from AARP. Next year we hope to triple the giveaways and double the literature plus have at least two tables set up. Bob Kofron and Steve did table duty at the entrance for a while stuffing literature into attendee bags. Next year they will try to get the bags ready a day before the event. Much thanks to the devoted AARP volunteers that staffed the tables and talked to the attendees about AARP.

Upcoming Events:

LIVE MUSIC FRIDAY AND SATURDAY

May 15 to October 31 Stop by and enjoy Live music in our Biergarten During the Summer.

411 William Street

Free



New Projects

Soup 4 Seniors

The Roanoke Virginia AARP chapter has had great success with this project over the years. They collect cans of soup and a package or a sheaf of crackers and they are distributed to seniors that tend to be homebound. We have talked to the mental health group that runs the Senior Visitors program in Fredericksburg and they think it is a great idea. We will collect the soup and crackers at each meeting and get them to their organization for storage. Their volunteers will visit the office and get a bag containing 1-2 cans of soup and some crackers and take them to the senior they visit weekly. We would have bags with the AARP logo that they would use to hold the soup/crackers when they are picked up for delivery. The purpose of the project is to ensure the senior has a hot backup meal during the cold days of the winter. Let your board know how you feel about us participating in this worthwhile project at the next meeting. We hope to start in September.

Treasurer's Report for June 2015

Beginning Balance May 15		\$3557.20
Deposits		
6/2 50/50	16.00	
Coffee Fund	5.00	
Donation to Brisben	<u>25.00</u>	
Total Deposits		<u>+ \$ 46.00</u>
Disbursements		
5/26 #1670 S. Scheibe - Newsletter	55.00	
5/26 #1671 M. D'Ostilio - Hospitality	14.72	
6/2 #1677 S. Scheibe – Newsletter	8.24	
6/2 #1673 S. Anderson – Brisben meal	139.24	
Total Disbursements		<u>- 217.20</u>
Balance June 14, 2015		\$3386.00