



Virginia Chapter 3396
The Power to Make it Better
www.aarp3396.org

Do you Believe?



From our President Steve Scheibe

How many of you have faith in the ground hog? Old Pete doesn't shovel your driveway or walkway and he can't turn your lights back on! But we still have hope for Spring that brings flowers and warmer weather. And with Spring's arrival, we hope you will

participate in the opportunities our chapter leaders bring to you to serve our community. AARP volunteers help with tax preparation, teaching refresher courses for drivers, feeding the less fortunate, visiting seniors in long-term care facilities, and much, much, more. Many of our chapter members also volunteer at a multitude of other community organizations. Let us know so we can share your experiences and bolster others to do the same in our community. Share your AARP experiences with friends by bringing them to a meeting. I look forward to a challenging year of providing each member with learning and fellowship.

Community Service Update

Although we do not yet have a chair for our Community Service Committee, mark your calendars for **Saturday, September 10** when we will be volunteering at the food bank. We will be scheduling more service activities at both the food bank and the Thurman Brisben Center. Look for dates in next month's newsletter. To continue our history of charitable donations, we are currently supporting the Soup for Seniors program and the food pantry at Christ Lutheran Church.

Please bring to the March meeting:

- Soup & Crackers
- Non-Perishable Food
- Paper Goods



NEWS

March 2016

March Meeting

Tuesday March 1

Christ Lutheran Church

1300 Augustine Ave

9:30am: Coffee +

10:00am: Program

Break

Business Meeting

Our speaker will be

Genéa Luck, Associate

State Director of Multicultural Outreach for the AARP Virginia State Office. Genea oversees community based workshops and events to minority populations. She is charged with developing stronger community based engagements with non-profits, faith-based institutions, colleges, fraternities and sororities, to provide insight to all the unique offerings of AARP.

In April, **Peggy Lasich** will show us a gentle and consistent approach to movement with stretching and yoga.

Chapter meetings are held the first Tuesday of every month

NOTE LOCATION

MARCH MEETING LOCATION



2016 Officers

President -- Steve Scheibe
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Vice President -- Sally Cooney Anderson
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Secretary -- Marietta D'Ostilio
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Betty Lee Sprinkle
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Committee Chairs

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Community Service -- Open

Hospitality -- Mary Ann Henry
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Legislative & Health -- Mary Kofron
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Librarian -- Mary Kofron
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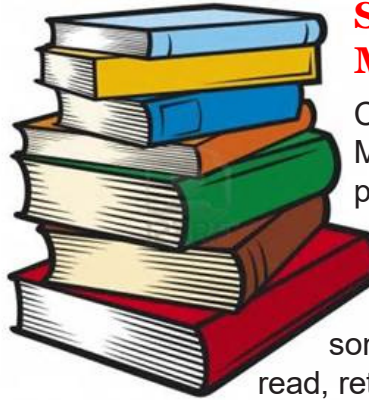
Membership -- Kathy Corley
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Nominating -- Open

Programs -- Juanita Channel
703-221-0120 -- lj67brown@gmail.com

Public Relations -- Steve Scheibe
hfhsteve@verizon.net

Sunshine -- Kaye Loucks
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Share your Books & Magazines

Check out our Chapter Library in March. The collection is small so please bring the books that you have read but no longer have the room to store. In exchange, review the books available and take one or some home with you. When those are read, return and exchange. The library magazine collection is small so bring in your current magazines and take some new ones home.

Finance Update

February 2016



Balance from January 2016 \$1630.10

Disbursements	Leon Williams (1639 (Reimbursement for newsletter)	6.00
	Evadine Cooper (1640) (Reimbursement for newsletter)	6.00
	Mary Ann Henry (1641) (Refreshment supplies)	10.36

Total \$ 22.36

Deposits	Dues	156.00
	Food Drive Reward	500.00
	50/50	21.50
	Refreshments Fund	17.00

Total \$ 694.50

Balance as of February 2016 \$2302.24

Thanks

For March Refreshments: Enola Stevenson, Kathleen Holler and Steve Scheibe

For our Meeting Location: Steve Scheibe



Happy Birthday in March

Mary Jane Lee, Stephanie Sloan, Sally Kubarek, Sheila Alford, Mary Kofron, Christel Walls, Ann Bagshaw, James Raughley, Susan Trunzo

KEY: * Registration Required

** Volunteers Needed

MARCH

1 -- Tues -- 9:30a-12p
Chapter Meeting
Lutheran Church
Speaker: Genea Luck

11 -- Fri
Home & Garden Show **
Expo Center
Information Display

12 -- Sat
Home & Garden Show **
Expo Center
Information Display

13 -- Sun
Home & Garden Show **
Expo Center
Information Display

19 -- Sat
Women's Forum *
James Monroe HS
Information Display

24 -- Thurs -- 10a-12p
Alzheimer's Basics *
Dorothy Hart
Sponsor: Alzheimers Assn

28 -- Mon -- 10a-11:30p
Board Meeting
Dorothy Hart
Members Welcome

APRIL

5 -- Tues -- 9:30a-12p
Chapter Meeting
Dorothy Hart

8 -- Fri -- 10a-2:00p
Alzheimer's Caregiving *
Main Library
Sponsor: Alzheimers Assn

8 -- Fri -- 10a-2:00p
Living with Alzheimer's *
Main Library
Sponsor: Alzheimers Assn

10 -- Sun -- Walk and Roll
Heritage Trail
Sponsor: disAbility Resource Center

25 -- Mon -- 10a-11:30p
Board Meeting
Dorothy Hart
Members Welcome

30 -- Sat --
Operation Medicine Cabinet

Highlights

Chapter General Meeting -- February 2, 2016

- ▣ Thirty-five of our fifty-six members were present as well as several guests.
- ▣ Valerie Hobson-Bell spoke on resources for seniors in our community – both public and private. As a consultant to seniors, Ms. Hobson-Bell developed the first local long term care Ombudsman program in the Fredericksburg area. Her expertise is in all aspects of long term care including elder abuse, residents' rights, mediation and conflict resolution, home care, and more.
- ▣ Our chapter received \$500 from AARP Virginia in appreciation of collecting the most food during the 2015 AARP Virginia Statewide Food Drive. In addition, at last month's meeting our chapter collected 39 pounds of food for the Fredericksburg Regional Food Bank.
- ▣ The Fredericksburg Seniors' trip to the International Tattoo in Norfolk, Virginia is on April 24, 2016, and the cost is \$120 which includes motorcoach transportation, a full-course meal, entertainment, and a tour of Norfolk Naval Base. Photo ID is required. The deadline to sign up is March 2, 2016. For more information call the Fredericksburg Seniors' office at 540-371-2429 Monday, Wednesday, Friday 10:00am-2:00pm.

From our State Office

Tell Your Legislator to Vote YES on SB 264 and HB 581!

These bills allow Virginia advanced practice registered nurses who are certified and licensed in the specialty of nurse practitioner to practice to the full extent of their education and training in Virginia free clinics, federally qualified health centers and medically underserved areas, after 2000 hours of post-licensure experience.

AARP Virginia supports SB 264 and HB 581 because they will:
Improve Virginians' access to care and hold down costs
Support Virginia's unpaid family caregivers
Increase competition and support innovation

For more information, contact:
David DeBiasi, RN
804-344-3059 or ddebiasi@aarp.org

Read more at:
<http://states.aarp.org/aprnbills/#sthash.03ERD55J.dpuf>

Advertising

Please share our newsletter with those in our community who might be interested in placing an ad to offset chapter costs.

Rates

Full Page Insert	
1 Month	\$ 75
3 Months	200
6 Months	300

28x28 picas	
1 Month	\$ 20
3 Months	50
6 Months	75

21x12 picas	
1 Month	\$ 5
3 Months	10
6 Months	15

Submit ads in .jpg format.
Make checks payable to AARP
Chapter 3396.

Ad submissions are due by the 15th
of the month for the following month.

Email ads to:
sallycooneyanderson@yahoo.com
Mail payment to:
Sally Cooney Anderson
AARP 3396 Newsletter Editor
32 Aspen Hill Drive
Fredericksburg VA 22406

Ad Sizes

28x28 picas

21x12 picas
Business Card Size

TO:

PLEASE RETURN UNDELIVERABLES TO:
AARP Chapter 3396
c/o Sally Cooney Anderson
32 Aspen Hill Drive
Fredericksburg VA 22406