



**Virginia Chapter 3396**  
**The Power to Make it Better**  
[www.aarp3396.org](http://www.aarp3396.org)

# NEWS

May 2016

**NOTE  
LOCATION  
& TIME**

## May Meeting

**Tuesday May 3**  
 Christ Lutheran Church

11:00am: Business Meeting  
 Short Break  
 Lunch & Movie

Chapter meetings are held the first Tuesday of every month

In response to all who requested more "fun" activities, for our May

meeting, we are planning Lunch & a Movie. Those who responded to the email survey (sorry if you did not receive it) chose

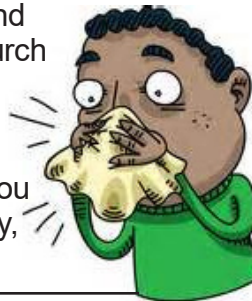


## Spring is Here!

### From our President - Steve Scheibe

Spring has come bringing pollen, runny noses and itchy eyes while we wait for the leaves to open and make all the trees green. May will bring a first for our Chapter! A meeting with a movie and food. If you are available the day before, on May 2nd at 11am, meet me at the Fellowship Hall at the Church to help set up chairs and tables.

We have quite a few opportunities coming up (see below) and your Board keeps looking for more. If you have ideas, let me know details and cost. And lastly, hope you got your taxes in on time!



## Contributing to our Community



### Help Spread the Word about AARP

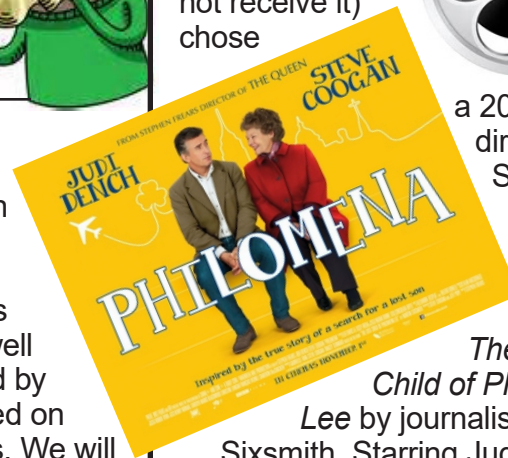
-- We will have information tables at the *Independent Living Expo* on May 7 and at the *Art of Aging* on June 8 where attendees can learn about our Chapter as well as benefits and services provided by AARP. Volunteers are also needed on June 7 to stuff bags for attendees. We will have sign-up sheets at the meeting.

**Feed the Hungry** -- On June 4, we will work the assembly line at the Fredericksburg Area Food Bank and on June 30, we will be preparing and serving dinner at the Thurman Brisben Center. New this year, on July 4, we will be joining volunteers from The Holiday Project hosting a bar-b-que at Thurman Brisben.

## How does the Board make Decisions?

Our Chapter's Board of Directors is comprised of individuals who are committed to responding to members' interests, furthering the mission and vision of AARP and ensuring the Chapter continues to grow. We want to try new ideas and we know members will like some things and others ... well, maybe not. We will always ask a sampling of members before making decisions and we count on you to let us know what you think.

Members are always invited to attend Board meetings (they are listed on our calendar) and express their opinions. In addition, we have committees that oversee our work in individual areas. Please consider joining, or even chairing a committee and helping our Chapter be the best it can be.



a 2013 drama directed by Stephen Frears, based on the book

*The Lost Child of Philomena*

Lee by journalist Martin Sixsmith. Starring Judi Dench and Steve Coogan, it tells the true story of Philomena Lee's 50-year search for her forcibly adopted son and Sixsmith's efforts to help her find him.

### NOTE DIFFERENT TIME

Because we will be having lunch, we will start at 11:00am and anticipate completing by 2:00pm.

### Optional -- Bring to the May or June meeting:

New or gently used, wrapped prizes for our July Picnic & Bingo event.



## 2016 Officers

President -- Steve Scheibe  
540-760-6116 -- hfhsteve@verizon.net

Vice President -- Sally Cooney Anderson  
sallycooneyanderson@yahoo.com

Secretary -- Marietta D'Ostilio  
540-372-6496 -- mdostilio@cox.net

Treasurer -- Mary Kofron  
540-371-7241 --  
mabkinvirginia@gmail.com

Past President -- Kathy Corley  
540-479-6785 -- kathy2552@cox.net

## 2016 Directors

Juanita Channel  
540-370-8757 -- lj67brown@gmail.com

Lucretia Edreos  
lucretia.edreos@verizon.net

Kathleen Holler  
540-371-0355 -- hazelatlas@cox.net

Linda Long  
540-786-0066 -- omer22191@aol.com

Betty Lee Sprinkle  
540-786-2650

## Committee Chairs

Communications: News & Web --  
Sally Cooney Anderson  
sallycooneyanderson@yahoo.com

Community Service -- Open

Hospitality -- Mary Ann Henry  
musktrat20@verizon.net

Legislative & Health -- Mary Kofron  
mabkinvirginia@gmail.com

Librarian -- Mary Kofron  
mabkinvirginia@gmail.com

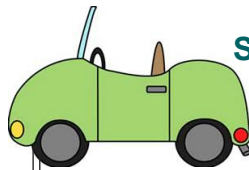
Membership -- Kathy Corley  
540-479-6785 -- kathy2552@cox.net

Nominating -- Open

Programs -- Juanita Channel  
540-370-8757 -- lj67brown@gmail.com

Public Relations -- Steve Scheibe  
540-760-6116 -- hfhsteve@verizon.net

Sunshine -- Kaye Loucks  
kenneth.loucks@verizon.net



**SAVE 30% on the Online Driver's Safety Course  
UNTIL APRIL 30, 2016**

Use promo code **SPRINGSAVINGS**

<http://www.aarpdriversafety.org/smartdriver2/?cmp=EMC-EDO-ADS-041116-VA-FCG-&encparam=oBw/iUBJNdLEj6JUxJ8bjXvzEC4Jzhuh4Az5irv50j4%3D>

## Finance Update



### April 2016

Balance from March 2016 \$2274.60

**Disbursements** 0.00

### Deposits

Dues 120.00

50/50 9.00

**Total** \$129.00

Balance at end of April \$2403.60

## Older Americans Act Reauthorization

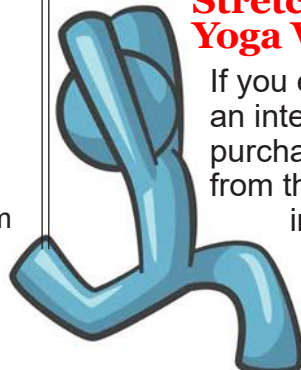
The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent—services like meals, job training, senior centers, caregiver support, transportation, health promotion, benefits enrollment, and more.

Over four years after it expired, legislation to reauthorize the Act was passed by Congress with unanimous, bipartisan support. The bill was signed into law by the President on April 19, 2016.



## Stretch & Yoga Video

If you expressed an interest in purchasing DVDs from the stretch instructor, Peggy Lasich, they will be available at the May meeting for \$3 each.



## June Meeting

Next month, we go back to our regular location and time -- Dorothy Hart Center at 9:30am. Peter Golden from the AARP Virginia state office will tell us about the *Take a Stand* campaign in which AARP is encouraging Presidential candidates to share their plans for the future of social security.

## Calendar



Month View

KEY: \* Registration Required

\*\* Volunteers Needed

### APRIL

30 - 10a-2p - Op Medicine Cabinet  
Multiple Locations (See page 4)

30 - 10a-1p - Home Fit Workshop  
Arm of the Lord Ministries

### MAY

3 - 9:30a-12p - Chapter Meeting  
Christ Lutheran Church  
Movie & Lunch

6 - 8:30a-12p - Dementia Conference  
Germanna Community College  
Sponsor: Alzheimer's Assn.

7 - 9a-5p - Independent Living Expo \*\*  
Expo Center  
Information Display

7 - Silver Prom  
Rosner YMCA, Smith Station Road

8 - Visit LT Care Residents \*\*  
Sponsor: The Holiday Project

16 - 9:30a-3pm - Wills for Seniors  
Clinic & Resource Fair  
England Run Library

19 - 10a-12p - Alz Communications \*  
disAbility Resource Center  
Sponsor: Alzheimers Assn

23 - 10a-11:30p - Board Meeting  
Dorothy Hart  
Members Welcome

### JUNE

4 - 8:30a-11a - FB Food Bank \*\*  
3631 Lee Hill Dr

7 - 9:30a-12p - Chapter Meeting  
Dorothy Hart  
Speaker: Peter Golden

7 - Afternoon - Art of Aging Set Up \*\*  
Expo Center

8 - Art of Aging \*\*  
Expo Center

17 - 9:30a-1p SEVAC  
Holiday Inn Williamsburg

## Board Meeting Highlights



The Board Meeting was held at the Dorothy Hart Community Center on March 28, 2016.

- ▣ Steve informed the Board that many chapter members have not paid dues. Sally and Linda will follow up with them.
- ▣ Steve reported that the Home and Garden Show, the Women's Forum and the Health Fair were successful.
- ▣ Steve said the AARP College in Charlottesville for state volunteers led to members creating individual action plans for the year.
- ▣ Steve reported that April 30th is the date for Operation Medicine Cabinet, and June 8th is the Art of Aging. Sign-up sheets will be provided at the chapter meeting.
- ▣ Sally asked if we are looking into a new location for monthly chapter meetings. We will ask members at the next meeting.
- ▣ The following organizations received the most member votes for chapter support: Fredericksburg Regional Food Bank, Thurman Brisben Center, Alzheimer's Association, Disabled American Veterans, MICAH Ministries, and Hope Center.
- ▣ Betty Lee said there will be sign-up sheets at next week's chapter meeting for members to volunteer for the food bank on June 4th and the Thurman Brisben Center on June 30th.
- ▣ Sally told the group that The Holiday Project will sponsor a July 4th picnic at the Thurman Brisben Center and Chapter members are invited to assist.
- ▣ Steve announced that AARP did not participate in General Assembly lobbying in Richmond this year. He also mentioned the Older American Act has been passed by the House and it's going back to the Senate for approval.
- ▣ Programs scheduled for the next few months:  
April – Peggy Lasich will present an exercise program.  
May – Movie and lunch. Suggested food included subs, chips and fruit.  
June – Peter Goldin, AARP Virginia State Associate Director, will speak about *Take a Stand*.  
July – Picnic and bingo.

27 - 10a-11:30p - Board Meeting  
Dorothy Hart - Members Welcome

28 - Dinner Club - FB Country Club

30 - 4:30p-6:30p - Cook & Serve \*\*  
Thurman Brisben



in  
May  
to

Evadine  
Cooper 3

## 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

## Welcome to our First Advertiser

911 Charles Street  
Near Castiglia's  
**VISIT US  
EVERY  
FIRST  
FRIDAY**  
6-9pm

## ARTFUL DIMENSIONS GALLERY

Our Mission is to  
promote understanding  
and appreciation of  
three dimensional arts.

<http://artfuldimensionsgallery.com>

## Trips & Events

From the Fredericksburg Seniors  
Contact: 540-371-2429

**Hollywood Live! Casino, Charles Town, WV** -- Tues May 10  
8am-5pm - \$35/person, with \$20 returned in casino play. Have  
your casino number at sign up or provide name, address, phone  
and date of birth. Sign up deadline: May 6.

**Amishlands PA** -- September 14-15 - \$260/person/double  
occupancy. Featuring *Sight & Sound's Samson*, 1 night lodging, 1  
breakfast, smorgasbord dinner at Shady Maple Restaurant, motor-  
coach transportation, and more.

## Let's Continue our Tradition & Donate at Meetings

In the absence of a Community Services Chair, we have not been  
promoting bringing donations to meetings. At our last Board Meet-  
ing, attendees decided to reinstate the tradition. Using the results  
of the survey members completed earlier in the year, the following  
schedule has been established:

**May:** Bring non-perishable food for the **Fredericksburg Regional  
Food Bank.**

**June:** Contribute funds toward the  
cost of providing meals to residents  
at the **Thurman Brisben  
Center.**

**July:** Purchase an extra  
Bingo Card (first one is  
no cost); 100% of funds  
will go to **Disabled  
American Veterans.**



**August:** Sign up to participate in the *Walk to End Alzheimer's* and  
raise funds for the **Alzheimer's Association.**

**September:** **Hope Center** list to come.

**October:** **Micah Ministries** list to come.

**November:** Open

**December:** Bring holiday ornaments for **The Holiday Project.**

**This space is reserved for you.**