



# Chapter 3396 Newsletter

*The Power to Make it Better*

www.aarp3396.org

**OFFICERS**

**PRESIDENT**  
Steve Scheibe  
540.898.1378

**VICE PRESIDENT**  
Kathy Corley  
540.479.6785

**TREASURER**  
Shirley Keister  
540.548.2538

**ASST. TREASURER**  
Don Colt  
540.654.5550

**SECRETARY**  
Betty Lee Sprinkle  
540.786-2650

**BOARD MEMBERS**  
Moses Burt  
540.891.9418

Barbara Corley  
540.659.2605

Evadine Cooper  
540.373.3063

Dorothy Dinnauer  
540.786.3327

Elen Grigg  
540.373.4242

Stephanie Sloan  
540.898.2248

**NEWSLETTER EDITOR**  
Shirley Keister  
shirleynk@aol.com  
540.548.2538

**Vol 13. No. 2**

**TO SERVE, NOT TO BE SERVED**

**February 2013**

**Next Meeting: Tuesday February 5, 2013**

**When: 9:30 AM**

**Where: Dorothy Hart Community Center**

**Program: James E. Thomas will be speaking on the U. S. Slave Song Project**

**REMINDER: INCLEMENT WEATHER POLICY**

Don't forget, in the event Fredericksburg City Schools are closed or delayed in opening due to inclement weather, the AARP meeting will be cancelled!!!!

**From Your President**

Five of our members went to Richmond to advocate at the General Assembly on the 29th of January. Headquarters and gathering location was St. Paul's Church on East Grace Street. Participants were treated to a continental breakfast and given an orientation as to the plans for the day. If you were among the early arrivals you received a red scarf with the AARP logo on it. At 9:15 everyone was assigned to a team led by an experienced General Assembly advocate and a staff member of the Richmond AARP office. At 9:45 the assembled throng headed up the hill 3 blocks to the General Assembly building. Each team had specific Senators and/or Representatives assigned to them for visitations. The theme for the day was the extension of Medicaid benefits to eligible Virginia residents. The Governor is against this program as he believes the Federal government will renege on paying their promised share due to the fiscal difficulties the country is in. Our job was to explain the benefits to our representatives in hopes of convincing the Governor to accept the benefits from the expansion of Medicaid. Details of the process and the results should be available some time in March. Further legislation regarding the documentation required to vote in elections is also in the offing. We had hoped that the last go-around showed that voter fraud is not prevalent in the state and the disenfranchisement of senior and the poor should not be the goal of such legislation.

**Birthday/Anniversaries -- Don Colt**

Thanks go to all who have provided birthday information so you could be recognized in our fine monthly Newsletter and receive "hugs and kisses" at our general meetings. Members celebrating their birthdays in February are as follows: Jeanne Christmas (1<sup>st</sup>); Kathy Corley (5<sup>th</sup>); Charlene Trueman (7<sup>th</sup>); Brenda Weightman (8<sup>th</sup>); Bernie Butler & Johnny Creech (11<sup>th</sup>); Leon Williams (12<sup>th</sup>); Janice Dickerson & Ann Massaro (15<sup>th</sup>); Thelma Fisher (16<sup>th</sup>); Judson Rose (19<sup>th</sup>); Shirley Altizer & Dorothy Shelton (23<sup>rd</sup>); Patricia Fletcher & Elke Harvey (25<sup>th</sup>); Phyllis Dahlgren & Peg Waters (26<sup>th</sup>) and Joan Westheiden (28<sup>th</sup>). Happy Birthday to all !!!

As previously reported, we have also developed an Anniversaries database for those members celebrating at least 50 years of wedded bliss -- which presently stands at ten. None of these couples will be celebrating in February. Now, we're sure there are many of you out there who we should be recognizing, so get those cards and letters in the mail.

### **Food Donations (Repeated from previous Newsletters) -- Don Colt**

Hey there food shoppers! If you patronize supermarkets which offer "Buy One, Get One Free", why not bring in the "free" one to one of our General Meetings for donation to one of our designated charities?

### **Membership – Barbara Corley**

We have one new member this month – Ann Ellis. Welcome, Ann!

### **Welfare – Shirley Keister**

For those of you who don't know, Barbara, our Birthday/membership lady, had a fall a couple weeks ago and broke a bone in her leg. She was in the hospital for a while, and I believe she is still in rehab as of today. Kathy will probably give us a report on her at the next meeting.

### **Raffles – Barbara Corley**

50/50 raffle was won by Danny Baffo. Door prize was won by Fran Keith.

### **INCOME TAX PREPARATION**

FREE FEDERAL AND STATE INCOME TAX PREPARATION available by appointment at area libraries.

Salem Church Library on Wednesdays and Fridays--Call 785-9267 on Monday mornings for an appointment.

Snow Memorial Library on Saturday--Call 507-7565 for an appointment.

England Run Library on Monday and Wednesday--Call 507-7565 for an appointment

Also available at the Dorothy Hart Community Center on Tuesdays and Thursdays from 930 to 300, first- come, first-served.

Bring your W2 and other tax forms, a photo ID for you and your spouse, security cards for all persons included in the return and other relevant information such as last year's returns. You need not be an AARP member to use this free service.

### **Drivers Safety Program – Shirley Keister**

SPOTSYLVANIA CO PARKS AND REC

(540) 507-7533 (Call to Register)

8800 OLD DOMINION DR, FREDERICKSBURG, VA 224080000

03/21/2013 09:00 AM 03/22/2013 09:00 AM

**AARP CHAPTER 3195**

(540) 775-2364 (Call to Register)

10021 DAHLGREN RD KING GEORGE, VA 224853702

04/09/2013 09:00 AM 04/10/2013 09:00 AM

### **Volunteer of the Month – Kathy Corley**

Shirley Keister is our featured volunteer for the month. Shirley has served as your local chapter treasurer for many years. When she is not doing treasurer stuff, she volunteers to set up a table to pass out information regarding AARP and our local chapter. Shirley will set our AARP table at the Alzheimer's Walk for the Cure and the Art of Aging at the EXPO center, as well as passing on information to local senior living centers. We applaud all the hours she puts in getting information out to the local senior citizens. For these things and more, we honor Shirley Keister as our Volunteer of the Month.

### **TRIPS**

The following overnight trips are offered by King George Parks & Rec. For further information, call Janine Paulsen 540-775-4FUN

**Amishland** March 13-15 3 Days/2 Nights \$349 pp/Double (add \$89 Single)

**Savannah, Ga & Charleston, SC** April 9-12 4 Days/3 Nights \$449 pp/Double (add \$139 Single)

**Niagara Falls** (May 5-11 7 Days/6 Nights \$729 pp/Double (add \$219 Single)

**Cape Cod, Mass** June 22-28 7 Days/6 Nights \$684 pp/Double (add \$175 Single)

**Vermont & New Hampshire** August 11-16 6 Days/5 Nights \$679 pp/ Double (add \$159 Single)

**Chicago** October 14-20 6 Days/5 Nights \$679 pp/Double

**Mackinac Island, Mich.** September 13-19 7 Days/6 Nights \$739 pp/Double (add \$239 Single)

**Orlando, FL** Nov 10-16 7 Days/6 Nights \$589pp/ Double (add \$189 single)

**Wheeling – Greenbrier, WV** December 3-5 3 Days/2 Nights \$345 pp/Double

**Christmas in NYC** December 11-12 2 Days/1 Night \$234 pp/Double

For information on the following two trips, call Shirley Keister 540-548-2538

**Bill Cosby at Wolf Trap** Saturday June 15, 2013 **Deadline February 20** Price \$87 ticket and transportation.

**8 Night Fall Foliage Cruise New England & Canada**

Sailing from Baltimore October 17 ~ 25, 2013 on Royal Caribbean's Splendor of the Sea

Round trip Motor coach from Fredericksburg to Pier Must have passport!

**February 2013 Tours 4 Fun Trips**

King George Parks & Recreation is planning the following day trips for February. Come and enjoy a trip! The group will make decisions on lunch stops. These trips are affordable and fun. Cost is for transportation only! Please call King George Parks & Recreation for details and additional pricing. Limited Seating! Janine Paulsen 540-775-4FUN. When you call KGPR, please mention that you heard about these trips thru Fredericksburg AARP.

**February 2-SAT and April 6 Saturday**

MARYLAND LIVE – COST \$25.pp/ Trans. Only

Leave K.G. Citizens Center @ 12:00pm Leave Charlestown @ 7:00pm

Points of interest: Enjoy the slots. Enjoy shopping at the mall

**February 7-THURS**

SACKLER GALLERY OF ART & MOON-GATE GARDEN – COST \$25.pp/Trans. Only

Leave K.G. Citizens Center @ 8:30am Leave Gallery @2:30pm

The Gallery which opened in 1987, is just opposite the National Museum of African Art. It has merged with Freer Gallery

**February 14-THURS**

RICHMOND HOLOCAUST MUSEUM - COST \$20 pp/ Trans. Only

Leave K.G. Citizens Center @ 9:00am Leave Richmond @ 3:00pm

Walk through a Concentration Camp Board the "St. Louis" Ship

**February 21-THURS, March 7 THURS, April 11 THURS and May 23 THURS**

NATIONAL MALL & MUSEUMS - COST \$25 pp/ Trans. Only

Leave K.G. Citizens Center @ 8:00am Leave Washington DC. @ 2:30pm

Points of interest Feb 21, March 7. and April 11: Smithsonian, U.S. Holocaust Museum, and Natural History Museum Walking the National Mall and seeing all the sights

Points of interest May 23: Martin Luther King, Jr., Vietnam, Lincoln, Korean, Jefferson, WWII Memorials

Watch for more **day trips** offered by King George Parks & Rec in our March newsletter!

**Refreshment Providers – Fran Keith**

Those scheduled to bring refreshments for February are Sally Anderson, Pat Blankenship, Kathy Corley, and Shirley McRae.

<b>TREASURER'S REPORT - Shirley Keister</b>	<b>Current</b>	<b>Year</b>
	<b>Month</b>	<b>to Date</b>
Beginning Balance January 1, 2013		\$1,937.23
Checkbook Balance January 1, 2013	\$1,937.23	
Receipts:		
	50/50	\$25.00
	Dues	\$768.00
	Refreshments	\$13.00
	Comm. Service	\$8.00
Total Receipts:	\$814.00	\$814.00
Disbursements:	None	
Total Disbursements	\$0.00	\$0.00
Checkbook Balance January 23, 2013	\$2,751.23	\$2,751.23

**Senior Visitors Program – Teresa Bowers**

The Senior Visitors Program is a service program in the Fredericksburg area that promotes independence, dignity and healthy living for older adults in their own home environment. This program matches isolated homebound seniors with trained volunteers who provide a friendly visit for an hour on a weekly basis. There is no cost for this program to the client and the ongoing relationship can make the Senior Visitors Program an especially meaningful and satisfying experience for the volunteer while it fills a void in the life of an elderly person in our community. The Senior Visitors Program is actively seeking volunteers to serve as visitors. For more

information about volunteering for the Senior Visitors Program, or about how to refer a senior citizen to the program, please contact the Senior Visitors Program at 540-371-2704.

## **Elderly at Risk in Extreme Cold – Kate Hopper**

Local Senior Care Company Advises Family Caregivers to Keep a Close Eye on Older Adults during Frigid Temperatures. The extreme temperatures and snow of winter can be particularly dangerous for older adults. The elderly and those with heart disease are at special risk, according to the American Heart Association.

As people age, their ability to maintain a normal internal body temperature often decreases. Because elderly people seem to be relatively insensitive to moderately cold conditions, they can suffer hypothermia without knowing they're in danger, the Heart Association reports (<http://www.americanheart.org/presenter.jhtml?identifier=4570>).

Hypothermia means the body temperature has fallen below normal. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough and the condition can kill. Heart failure causes most deaths in hypothermia, the American Heart Association notes.

The following tips, from the local Home Instead Senior Care® office, will help you safeguard a senior loved one or neighbor.

Fill the cupboard. Help your senior stock the staples and groceries they'll need in the event of a large snowstorm or cold spell.

Maximize energy. Encourage your senior to make sure they have adequate insulation and to check and clean the fireplace and furnace. Replace furnace filters monthly.

Minimize drafts. Help your senior fill old socks with sand and use them in drafty windowsills and door jams. Weather-strip around windows and doors. Keep doors closed to unused rooms and close curtains at night.

Stay toasty. Advise your senior to add an extra blanket to the bed and warm the bed in advance with a hot water bottle. **Never use electric blankets.** A senior may not be able to operate the controls if the temperature needs to be adjusted in the night.

Dress warmly. A senior's circulation decreases with age. Encourage your senior to wear an extra sweater or sweatshirt, and sweat pants during the winter.

Monitor the thermostat. Check with your senior to make sure that they're keeping the thermostat above 65 degrees during the cold weather. Older adults are particularly susceptible to hypothermia, which can develop over a few days and weeks even in the mildly cool indoor temperatures of 60 to 65 degrees.

Beware of budget problems. Make sure your senior isn't trying to save money by keeping the thermostat down. Many communities have energy assistance programs for low- and fixed-income households.

Avoid slips. Make sure your senior has made arrangements to have driveways and walkways cleaned. Salt and sand should be available to speed melting.

Stay in touch. Check on your neighbor or loved one frequently during periods of cold and snowy weather.

Build a network. You can't always be around to help your elderly loved one. Call on neighbors, family and church members to help.

**AARP CHAPTER 3396**  
**PO BOX 3396**  
**FREDERICKSBURG VA 22402-3396**  
RETURN SERVICE REQUESTED

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### **DATED MATERIAL**

Next General Meeting February 5, 2013

Newsletter Deadline February 20, 2013

Next Board Meeting February 25, 2013