



# Chapter 3396 Newsletter

*The Power to Make it Better*

www.aarp3396.org

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**Vol 13, No. 1 TO SERVE, NOT TO BE SERVED January 2013**

**Next Meeting: Tuesday January 8, 2013**

**When: 9:30 AM**

**Where: Dorothy Hart Community Center**

**Program: Patient Advocacy – Mrs. Gae Pinschmidt - Taking the “hell” out of healthcare – Addresses the needs of Hospitalization under the HOSPITALIST system**

**ATTENTION: 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 the Desk of your (eternal) President –**

I attended an AARP Volunteer Appreciation event in Charlottesville in December and part of event was devoted to looking back at the current year and forward to 2013.

**The following list contains the event that our members participated in during 2012.**

- |                              |   |                      |
|------------------------------|---|----------------------|
| “You’ve Earned A Say” (YEAS) | Cabot Creamery Tour   | Art of Ageing Expo   |
| Partners in Aging group      | Home Show Expos   | Website development  |
| AARP Statewide Food Drive    | Food For Life Box Prep.                                     | River Cruise         |
| Operation Medicine Cabinet   | Age Wave representation                                     | Alzheimers Walk      |
| Project Holiday              | State Advocacy day  | School Dressing Days |
| Thurman Brisben Meal         | Chapter Community Service Award finalization & presentation |                      |
| Health Fairs (Triad)         |   |                      |

**For 2013 we can participate in all of these plus:**

- |                         |                      |                          |
|-------------------------|----------------------|--------------------------|
| Leadership training     | Inter-chapter events | Shreding event           |
| Voter Support/education | Local trips          | Financial Freedom Course |

I also attended an AARP Federal Advocacy Training session in Williamsburg and here are the highlights.

**2012 Election Recap/Overview –**

!. Both candidates had over 60 million votes

2. Romney didn't carry Ryan's home state.

3. Voter statistics: 55% of women voted; 71% of Latinos; 93% of African Americans and 19% of 18-29 yr olds.

4. In Virginia for Obama:
- 18-29 yr olds 61%
  - 30-44 yr olds 54%
  - 45-64 yr olds 47%
  - 65+ yr olds 46%

5. In Virginia, Obama and Kaine won because they took the high population areas.

6. 2013 Congress will be comprised of:
- |        |                |       |                 |
|--------|----------------|-------|-----------------|
| Senate | 53 Democrats   | House | 201 Democrats   |
|        | 45 Republicans |       | 234 Republicans |
|        | 2 Independents |       |                 |

**Affordable Care Act (ACA) notes:** The CBO stated that the cost would be lower than predicted. Medicare Advantage plans will be phased out because they cost 114% for care compared to under Medicare. Increased emphasis will be put on discovery and

prosecution of Medicare fraud. Medicare tax will increase to 2.9% for excess over \$200,000 earned income (single) and \$250,000 (couples). Health Care Exchanges must be developed in each state or they must use the Federal Exchange plan. And lastly, Insurers must use 85% of the premiums they receive for health care or rebate the difference to policy holders.

You've Earned A Say (YEAS) is a poll that the Virginia AARP office conducted this year to determining how our members felt about the status of Social Security and Medicare. It was also conducted nationwide! The poll found that 47% of 50+ voters are not confident of retirement and 67% believe the economy will force them to rely more heavily on Social Security and Medicare. This group also thinks (91%) that Social Security needs strengthening and (88%) think likewise about Medicare.

Social Security/Medicare Facts:

Half of those 65+ have incomes less than \$20,000

Half of Medicare recipients spend 17% of their income on health care.

Half of the workforce has no employer provided retirement plan

Social Security is the only guaranteed source of income for retirees.

More than 1 in 3 working house holds age 21-64 has no individual retirement savings set aside.

In households age 50-59 with retirement savings; one in four has less than \$27,000 and half have less than \$80,000.

In Virginia, 90% or 913,142 of 65+ residents received Social Security with an average benefit of only \$14,000.

About 11% or 96,663 of older Virginians are in poverty-without Social Security 28% or 251,028 would fall into poverty.

Poll results: 51% think Social Security needs either minor or major changes

57% think Medicare needs either minor or major changes

88% think that Social Security benefits will be either reduced or more funding will be required.

80% think changes to Social Security now or in the near future must be made.

57% think not enough workers paying or growing senior population or benefits are inadequate.

Virginia had 16,889 respondents to these questionnaires split among the eleven voting districts.

AARP nationwide is appealing Congress not to raise the Medicare age to 67 and not to use Social Security to balance the budget.

### **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" from the lovely Barbara Corley at our general meetings. Members celebrating their birthdays in January are as follows:

Brian D'Orazio (6<sup>th</sup>); Jim Raehn (10<sup>th</sup>); S.J. Prakken (13<sup>th</sup>); Ann Cullen (14<sup>th</sup>); Thomas Kimbrell & Robert Kofron (18<sup>th</sup>); George Billing (21<sup>st</sup>); Betty Fowler (22<sup>nd</sup>); and Betty Lou Bailey (24<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 January. 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?

### **Annual Luncheon -- Tuesday, December 4 -- Don Colt**

Our Annual Luncheon was held on December 4 at the Fredericksburg Country Club, with entertainment provided by the Lakers, a singing group from Lake of the Woods. Approximately 60 members attended this festive affair and, as usual, enjoyed the food, fellowship and ambience of the Holiday Season.

### **Membership -- Barbara Corley**

Don't forget to pay your Chapter dues, they are just \$12. Make checks out to AARP Chapter 3396. Deadline is February first.

### **Welfare -- Barbara Corley**

Cards were sent to Delores Lacy, Annie Mae Jones, Dorothy Dinnauer and Pat Blankenship. Hope everyone is doing fine!

### **Raffles -- Barbara Corley**

50/50 was won by Richard Geary.

Door prizes were donated by Mary Haines, Kathy Corley and Barbara Corley. They went to: Elaine Goolgasian -- a guest; Sandy Saunders; Robert Kubarak; Mickey Collis; Sally Kubarak; Stephanie Sloan and Betty Lee Sprinkle.

### **Refreshment Providers -- Fran Keith**

Members of the Board will provide the refreshments for the January meeting!

## TRIPS

The trips listed below are on the "Interest List" of the Fredericksburg Senior Citizens. If you are interested, please call 540-371-2429 Monday, Wednesday, Friday 9AM – 2:30PM to put your name on the list. If enough people are interested in a trip, further plans (including dates) will be completed.

Highland Maple Festival, Monterey VA  
San Antonio, Texas  
Virginia Museum of Fine Arts, Richmond VA

## Drivers Safety Program – Shirley Keister

LAKE OF THE WOODS LIONS (540) 972-0783 (Call to Register)  
110 SWEETBRIAR PARK RD LOCUST GROVE, VA 225085441  
01/10/2013 09:00 AM - 01/11/2013 09:00 AM (4 hours each day)

STAFFORD CO SHERIFFS DEPT PUB SAFETY BLDG (540) 658-4428 (Call to Register)  
1225 COURTHOUSE RD STAFFORD, VA 225547108  
01/17/2013 09:00 AM - 01/18/2013 09:00 AM (4 hours each day)

<b>TREASURER'S REPORT - Shirley Keister</b>	<b>Current</b>	<b>Year</b>
	<b>Month</b>	<b>to Date</b>
Beginning Balance January 1, 2012		\$1739.25
Checkbook Balance November 22, 2012	\$2979.59	
Receipts:		
	50/50	\$51.00
	.	
	Dues	\$252.00
	Annual Luncheon	\$582.50
Total Receipts	\$885.50	\$6394.13
Disbursements:		
	Copy Center Plus	\$30.00
	Lakers (Ent)	\$100.00
	Ref (Dinnauer)	\$27.50
	Ref (Blankenship)	\$27.50
	Fred CC	\$1,568.86
	Reim Keister	
	POBox 3396	\$144.00
Total Disbursements	\$1897.86	\$6166.15
Checkbook Balance December 26, 2012	\$1967.23	\$1967.23

## Volunteer of the Month - Kathy Corley

Each year, we honor one of our members with the "Wilson Corley Community Service Award". This member has been influential in improving the local community through volunteerism. Each month I will be highlighting one of our members and the ways they volunteer their services to help the community. This will assist the members in selecting someone to nominate in the fall for this award. If you know of a member you would like me to highlight, e-mail or call me (info is on the front of the newsletter).

## Short Trips - Kathy Corley

We are going to try Winter Short Trips and hope the weather cooperates.

January 29 - Marine Corps Museum in Quantico. We will visit the museum from 10:30 to 12:00 then go the Globe and Laurel Restaurant in Stafford for lunch.

February 26 - Historic tour of Port Royal, VA. We will leave Dorothy Hart Center at 10:00, travel to Port Royal, and have a guided driving tour through the town. We will then go to Lynn's Restaurant in Port Royal for lunch.

Call Kathy at 540-479-6785 or e-mail her at [kathy2552@cox.net](mailto:kathy2552@cox.net) if you are interested in either or both of these. Deadline for the January trip is January 21st and for the February trip, it's 18th.

**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.

**From the Heart Stitchers - Shirley Keister**

This group of stitchers meets at Wegman's and other places in Fredericksburg to "produce handmade items which bring comfort, love and solace to others". However, this can be done from your home. *From the Heart* is involved in numerous projects, from making chemo hats for local cancer centers, premie baby hats for the tiniest recipients, sleeping bags and warm mitten sets for the homeless in our area. Our members range from 6 to 99 years old. Our yarn, needles and hooks are all donated, we offer to teach anyone to knit or crochet...no charge, we just ask that they make a few items for some of our causes. If interested, please check out the website <http://fromtheheartstitchers.org> or call Shirley Keister 540-548-2538 for further information.

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RETURN SERVICE REQUESTED**

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**DATED MATERIAL**

Next General Meeting January 8, 2013  
Newsletter Deadline January 23, 2013  
Next Board Meeting January 28, 2013