



# Chapter 3396 Newsletter

*The Power to Make it Better*

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TO SERVE, NOT TO BE SERVED

May 2012

**Next Meeting: Tuesday May 1, 2012**

**When: 9:30 AM**

**Where: Bragg Hill Family Life Center**

**Program: Dick Shearer – Medicare – Fraud & Abuse**

### From Your President

The Tax Man has left and Summer is upon us! Our summer picnic plans are underway and thoughts for the Fall are not far behind. The Board is working to refine the Wilson Corley Community Service Award so it can be an annual presentation. Ask your fellow members about their Community Service activities to see if they are a possible candidate for nomination. AARP is an organization that stresses volunteerism as part of its mission statement. Are you holding up the AARP mission? You can by volunteering within the chapter to be on a committee, a board member or a Chapter Officer. Help support your chapter!

A big Thank You goes out to Bill Kallio for his excellent presentation on Medicare. In other news, James Brooks of the State AARP Office lost his dad this last month. James has been key in getting our chapter some recognition in the Fredericksburg area and in the state office as well. We sent our sympathy to him via email.

Keep alert to possible changes in our meeting place as the election year and other scheduled events have caused a relocation for several of our membership and Board meetings.

### Birthdays/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 May are as follows:

Danny Baffo (5<sup>th</sup>); Jeanette Metzler (8<sup>th</sup>); Joyce Ellington (9<sup>th</sup>); Evadine Cooper (11<sup>th</sup>); Pat Shuford (13<sup>th</sup>); Jessica Walker (14<sup>th</sup>); Dick Geary (25<sup>th</sup>); and Jo Atkins (31<sup>st</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 nine.

One of these – Moses & Audrey Burt -- will be celebrating their 57th on the 30th. Congratulations go out to Moses and Audrey. We’re sure there are more of you we should be recognizing, so get those cards and letters in the mail.



### **Membership - Barbara Corley**

We have two new members who joined at the last meeting. They are Martha Mason and Alberta (Bert) Schlesinger. A warm welcome to both!

### **Raffles – Barbara Corley**

50/50 was won by George Nixon who donated a portion of it back to the charities our chapter supports.

### **Picnic Raffle - Kathy Corley**

There will be another raffle at the July picnic meeting like we had at the holiday luncheon in December. The only difference is that we will have new and slightly used items for raffle. If you have anything new or slightly used you think other members might like, bring them to the May or June meetings. That way I will have them before the July 3 picnic meeting.

### **Arthritis Awareness: Submitted by Kate Hopper, Medi Home Health and Hospice (540) 220-2567**

There are over 100 different types of arthritis and symptoms of the disease can vary, but there are certain signs which may point to the disease. Recognizing early arthritis symptoms and getting an accurate diagnosis are important for preventing joint damage and managing arthritis symptoms.

#### Arthritis Screening Quiz:

- ~Do you feel persistent pain in one or more of your joints?
- ~Do you feel pain in one or more joints that worsens with movement or activity?
- ~Do you feel stiffness in your joints in the morning?
- ~Is it possible you injured yourself recently at work, home or playing sports?
- ~Does one or more of your joints appear swollen?
- ~Does one or more of your joints appear red or feel warm to the touch?
- ~Have you noticed a change in the range of motion of any of your joints?
- ~Have you noticed any deformity in your hands or feet?
- ~Do you experience fatigue beyond what you would consider normal?

Source: <http://www.about.com> Your doctor can make a definitive diagnosis of arthritis by assessing your medical history, performing a physical examination, ordering specific laboratory tests and x-rays.

### **Volunteers Wanted – Denis Paddeu - RAAA**

Mobility Options, a transportation service of the Rappahannock Area Agency on Aging, announces it is recruiting area residents for a new Volunteer Driver Program. In an effort to provide a broad array of transportation alternatives for persons with disabilities who live in the four county (Caroline, King George, Spotsylvania, Stafford and the City) Fredericksburg area volunteers are being sought who will have the opportunity to provide much needed transportation to riders for a variety of trip destinations including medical appointments, shopping, recreational outings and social engagements.

Benefits to Volunteers: Volunteers will have personal liability and vehicle insurance provided at no cost by the Rappahannock Area Agency on Aging through the State of Virginia Division of Risk Management. This insurance covers the volunteer and the vehicle while the rider is in the volunteer's car. The insurance is primary coverage and is not related in any way to insurance maintained by the vehicle owner which will be secondary. Volunteers will be paid a stipend of 25 cents per mile for miles traveled while the rider is in the volunteer's vehicle. Volunteer Driver mileage sheets, on which beginning and ending trip mileage is recorded, will be turned in on a biweekly basis for reimbursement. Flexible schedule based on the amount of time the volunteer wants to contribute to the program. Volunteer Drivers will have the knowledge that they are helping a fellow Fredericksburg area resident meet a critical need that in many cases would otherwise be unfulfilled.

How to Apply: Persons interested in becoming a volunteer driver should contact Mobility Options at 1-800-627-2892 for additional information about the program and application forms.

### **OPERATION MEDICINE CABINET – Shirley Keister**

**Partners in Aging** is once again sponsoring Operation Medicine Cabinet. Drop off your expired or unused medications and Sharps! April 28, 2012 10AM -2PM

Three locations:

- 1) Mary Washington Hospital Campus – Tompkins Martin Building

- 2) Emergency & Outpatient Services at Lee's Hill
  - 3) Stafford Hospital
- For more information, call: Jennifer Reynolds at 540-741-3107

**Refreshment Providers – Fran Keith**

Those signed up for refreshments are: Helen Davenport, Mary Ann Henry, Ann Massaro, and Tina McIntosh. If you haven't signed up to bring refreshments during the rest of the year, remember the sign up sheet will be at the General Meeting.

**SILVER PROM – MAY 5 – Shirley Keister**

**CINCO DE MAYO 2012** 5<sup>th</sup> Annual Silver Prom - May 5, 2012 6PM to 9:30PM - 50 and Older - Ron Rosner Family YMCA, 5700 Smith Station Road, Fredericksburg. Light appetizers, Refreshments, Prom Picture, Raffle Prizes, Entertainment, Dancing and Much More Dress in Sunday Best or Better. Free to the Community!

**Mailing Labels – Shirley Keister**

Please check the "Paid thru" date on your mailing label, to see if it is correct. If not, let either Barbara Corley (540-659-2605) or myself, Shirley Keister (540-548-2538) know, so we can correct it.

**OUR NEW WEBSITE – Shirley Keister**

Have you seen our new website? Sally Cooney Anderson is our webmaster, and she has done a great job! The newsletters will be on the website shortly after they are mailed. Check it out at [www.AARP3396.org](http://www.AARP3396.org)

**AARP CHAPTER 3396  
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FREDERICKSBURG VA 22402-3396  
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**DATED MATERIAL**

Next General Meeting May 1, 2012  
Newsletter Deadline May 23, 2012  
Next Board Meeting May 28, 2012