



# Chapter 3396 Newsletter

Fredericksburg, Virginia

**“To Serve, Not To Be Served”**

Vol. 14 No. 10

October 2014

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- Program  
*Stephanie Sloan*
- Refreshments  
*Marietta D'Ostilo*
- Sunshine  
*Kaye Loucks*
- Travel/Trips  
*Shirley Keister*

**Next Meeting: Tuesday, October 7, 2014**

**Where: Dorothy Hart Community Center**

**Time: 9:30 a.m.**

**Speaker:**

## Presidential Prose

*Kathy Corley*

Thanks to all the members who made it to Chancellors Village for the August meeting. How many of you rushed right out to sign up for ElderStudy? They really do have great programs to offer. I do hope you consider joining the ElderStudy Program. The September 2<sup>nd</sup> and October 7<sup>th</sup> meetings will be at the Dorothy Hart Community. November 4<sup>th</sup> finds us back at Chancellors Village. Then December 2<sup>nd</sup> is our Holiday Luncheon at the Country Club. There will be a sign up sheet at the September and October meetings, so please don't wait. The cost is \$30. We need to give a final count to the Country Club in November. Thus ends the year! But, before the year ends, don't forget to pay your \$12 dues for 2015. I am hoping to get all dues paid by January 15. Help me achieve this goal. And finally, a special thank you goes to all our members who have volunteered their time this past month. We had several activities that needed helpers. Keep up the good work!!

## Community Service

*Sally Cooney Anderson*

The AARP Chapter 3396 Corley/Burt Community Service Committee leads Chapter efforts to identify and respond to essential social needs in our community and to provide meaningful and rewarding volunteer opportunities for Chapter members. The Committee meets monthly, immediately after the Chapter Meetings, except for July and December. All Chapter members are invited to attend.

THANKS to everyone who contributed items and funds at our September meeting. We donated goods and cash as follows: Moss Free Clinic — \$5 and the Fredericksburg Area Food Bank — \$20, for a total of \$25.

THANKS to those who volunteered for our community projects in September. On the 6th, nine of us worked the assembly line at the Fredericksburg Area Food Bank helping box food for more than 1,200 families. On the 14th, ten of us collected food outside Giant on White Oak Road. Adding donations made at Food Lion, we contributed more than 715 pounds of food and over \$600 to the Food Bank and the Hope Center. Photos can be seen on our website.

On the 27th, we will support the Walk to End Alzheimer's with a team in the walk and by donating funds we are raising. If you can join us, please contact Sally at [sallycooneyanderson@yahoo.com](mailto:sallycooneyanderson@yahoo.com) or 540-371-7484.

*(continued on page 2)*

### Contents

Community Service ....	1-2
Membership .....	2
Legislative .....	2
Birthdays .....	2
Refreshments .....	2
Sunshine .....	2
Travel/trips .....	2
Other News .....	3
Treasurer's report .....	4
Senior Safety Tips .....	4

At our October meeting, we will support the Thurman Brisben Center. Please bring paper products, especially paper napkins and towels to the meeting.

In addition, in October, we will be volunteering. Please join in for any (all?) of these events:

Sat Oct 4 — 8:30am-11:30am: Thirteen people have signed up to work the assembly line at Fredericksburg Area Food Bank, 3631 Lee Hill Drive Fredericksburg VA 22408. Others interested can still meet us in the parking lot.

Mon Oct 27 – Additional volunteers are needed to cook and serve dinner at the Thurman Brisben Center. A sign-up sheet will be available at the October 7 meeting.

Fri Oct 31 – Celebrate Halloween with the residents at the Falls Run Nursing & Rehabilitation Center, from 3:00-4:30pm. Come in costume and meet in the lobby at 140 Brimley, near the Crossings in South Stafford.

For additional information about these activities, contact Sally at [sallycooneyanderson@yahoo.com](mailto:sallycooneyanderson@yahoo.com) or 540-371-7484

## Membership

***Shirley Keister***

New members: . Andrew Gaeta and Gayle Bracy **Welcome to our Chapter!**

## Legislative

***Mary Kofron***

## Birthdays/Anniversaries

***Shirley Keister***

**BIRTHDAYS** - Mary Ann Henry, Cherry Whitehurst (1st), Sandra Saunders (2nd), Rita Morin (3rd), Mary Ann Dent (6th), Madge Haynes, Andy Gaeta, Sue Dinnauer (9th), Jack Brodie (17th), Rita Giovannelli (23rd)

**Happy birthday to all!**

**ANNIVERSARIES - Congratulations to:** Don & Elsa Colt October 20

## Refreshments

***Marietta D'Ostilio***

Members providing refreshments are: Sue Dinnauer, Evadine Cooper, Mary Baffo and Mary Kofron

## Sunshine

***Kaye Loucks***

Thinking of you cards sent to:

## Travel/Trips

***Shirley Keister***

Fredericksburg Senior Travel Committee (540-371-2429)

Upcoming trips:

1. Graves Mt. Lodge - Thursday, October 23, 2014. \$50 per person. Price includes their famous chicken dinner, stops at the Apple Barn, Cheese Shop and Yoder's. Bus leaves Senior Ctr. at 9:00a.m. and returns 3:00p.m. There are still A FEW seats left.

2. Christmas at the Riverside Dinner Theatre - "It's a Wonderful Life" Matinee on December 3, 2014 -\$50 per person. Price includes luncheon, tax, gratuity and performance. If interested, check with the Travel Office as soon as possible. The sooner we get our quota of 12 people, the better seats we can reserve.

3. April 26, 2015 - VA. International Tattoo - Norfolk, VA. Price of \$135 per person includes: VA. International Tattoo, Tattoo Hullabaloo Entertainment, Norfolk Botanical Gardens Azalea Festival- Tram Tour (No Walking), Dinner, tax, gratuity. Please come in or call the Travel Office and sign the interest list.

These trips are being offered by Fredericksburg Senior Citizens Association. Please call 371-2429 for more information. Or you can call me, Shirley Keister 548-2538. AARP Lake of the Woods chapter is organizing a trip to Miami and Key West from Jan. 11-17, 2015. For information see the flyer on our website.

## Other News

### **2014 AARP Food Drive**

Spotsylvania Sheriff's Office 9/10/2014 - 2,048 lbs

09/12/14 - 2331 lbs

09/15/2014 - AM - 1714 lbs PM - 1,732 lbs

### **Store Collection Food Drive**

Massaponax Walmart – 29 lbs. Giant Food Rt. 208 -5 lbs. Giant Food Harrison Crossing – 55 lbs.

Food Lion Rt. 1 -0 lbs. Central Park Walmart -7 lbs. Food Lion Smith Station Rt. 208 – 0 lbs.

**Store Totals – 96 lbs.**

**AARP Chapter 3396 09/15/2014 – 422 Pounds**

Total for all delivered and store pick up food is 8,343 pounds for AARP 2014 Food Drive

Cash received (Spots Sheriff) \$134.50, (Fredericksburg Triad) \$30.00, and (AARP Chapter 3396) \$162.30 = \$326.80 total cash. With \$1 we can provide 3 meals to the community so the funds generated 980 meals



***A meals = 1.2 pounds so this food drive has generated 6953 meals for donated food***

***Grand total of meals provided through this year's AARP Food Drive is 7932 meals.***

***7932 meals X 1.2 pounds = 9518 pound total***

# Treasurer's Report

*Joyce Cronk*

Treasurer's Report	Sept 15, 2014
Beginning Balance August 13	\$4313.04
9/8 Membership	36.00
50/50	18.00
50/50 donation	18.00
Christmas luncheon	90.00
Sale of refreshments	24.00
Total Deposit	+186.00
Disbursements	
9/2 #1578 void	
9/2 #1579 K Corley Brisban	
Meal	119.29
Total Disbursements	<u>-119.29</u>
Balance September 15, 2014	\$4379.75*

\*Balance reflects Brisben money \$403.65

## ***Crime Prevention Recommendations for Senior Citizens*** ***Senior Fraud Tips***

Some tips on how you can protect you and your family from fraud. Senior Citizens especially should be aware of fraud schemes for the following reasons:

- Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
- People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.
- Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.
- When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.
- Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.