



# Chapter 3396 Newsletter

Fredericksburg, Virginia

**“To Serve, Not To Be Served”**

Vol. 15 No. 9

September 2015

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*Stephanie Sloan*
- Refreshments  
*Marietta D'Ostilio*
- Sunshine  
*Kaye Loucks*
- Travel/Trips

**Next Meeting: Tuesday, September 1, 2015**

**Where: Dorothy Hart CC**

**Time: 10:00 a.m.**

**Speaker: Julia Cleckley, “A Promise Fulfilled”**

## Presidents Report

*Kathy Corley*

I am sorry I missed the August meeting. I kept my younger sister company as she returned to Florida where she recently moved. I stayed and visited for a week. We had a great time – played trivia with several groups and our group won! Yeah!! We went to a small winery (they import the grapes) and tasted some great raspberry wine and watermelon wine. But what was really great was going to the aquarium in Clearwater to see “Winter”, the dolphin who had to have her tail fin amputated and had it replaced with a prosthetic. They made a movie of the story called “A Dolphin Tale”. It rained constantly while I was there. In fact, in the Tampa area, they had more rain than they have during a hurricane. There was a lot of flooding and evacuations of people in trailer and RV parks. My sister is far enough north not to have been flooded out.

Please give Sally all your help putting a slate of officers together for 2016. We are in need of someone to run for President, Secretary, and Treasurer, and we could use some more Board members. We are also in need of someone to take over refreshments. This is a position that is easier if several people work together.

Next meeting is September 1<sup>st</sup> at Dorothy Hart Community Center. Hope to see you there.

## 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. On **Tuesday, September 1**, the committee will be going to *Wegmans* (after the Chapter meeting) for lunch and our **Annual Planning Meeting**. All Chapter members are invited to attend. We will be looking at ideas for what we want to do in 2016.

**THANKS** to everyone who contributed backpacks and school supplies at our August meeting. We contributed items valued at \$550. I volunteered one day and was delighted to see the joy-filled faces of so many children.

On **Saturday, August 29**, we will have an information table at the **Mary Washington Healthcare Community Health & Wellness Fair**, from 9:00am-1:00pm, at the John F Fick

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Conference Center at 1301 Sam Perry Boulevard, near the hospital. We will be promoting our Chapter and inviting people to become members. Volunteers are needed (for any amount of time) to help at the table.

On **Tuesday, September 1**, please bring non-perishable food items to the Chapter Meeting for the **Fredericksburg Area Food Bank**. Your contributions will be the first we collect for the AARP VA statewide food drive which kicks off on **Friday, September 11**, from 4:30pm-6:30pm, at Giant at White Oak & Town & Country Roads (Rt 218). All Chapter members invited.

The drive will run from **September 11-20** with collections at six different Giant stores throughout the ten-day period. Volunteers are needed to help at collection sites on **Saturday, September 12**, 11:00am-1:30pm & 1:30pm-4:00pm at Giant at Doc Stone on Garrisonville Rd (610), and 11:00am-1:00pm & 1:00pm- 3:00pm at Giant at Rt 3 Harrison Road, on **Sunday, September 13**, 11:00am-1:30pm & 1:30pm- 4:00pm at Giant at White Oak & Town & Country Roads (Rt 218) and 11:00am-1:00pm & 1:00pm- 3:00pm at Giant at Rt 3 Harrison Road, on **Tuesday, September 15**, 3:00pm- 4:30pm & 4:30pm- 6:00pm at Giant on Rt 17 North near GEICO, on **Saturday, September 19**, 12:00pm- 2:30pm & 2:30pm - 5:00pm at Giant on Rt 17 North near GEICO, and on **Sunday, September 20**, 11:00am - 1:30pm & 1:30pm - 4:00pm at Giant Rt 3 at Harrison Road and 11:00am - 1:30pm & 1:30pm - 4:00pm at Giant on Courthouse in Spotsy (Rt 208). Please stop by the Community Service table at our next meeting and sign up for a 2-3 hour shift.

On Saturday, September 26, at 8:30am, we will meet at the **University of Mary Washington** for the **Walk to END Alzheimers**. At our next meeting, you can sign up to walk (very slowly) and/or make a contribution. So far, we have raised \$185.

On **Wednesday, September 30**, we will once again shop, cook and serve dinner at the **Thurman Brisben Center**.

On **Saturday, October 3**, we will volunteer at the **Fredericksburg Area Food Bank**. Meet in Food Bank parking lot at 8:30am.

And finally, remember to bring gift baskets for our silent auction (to be held on **Tuesday October 6**). Proceeds from the auction will go toward supporting our community service initiatives. If you are not ready to exercise your creative side and you still want to donate, give your items to Sally. Several people are willing to make baskets and will use your donations. Completed baskets should be given to Sue Dinnauer

## **Birthdays/Anniversaries**

### **September**

MACK CLINE - 1, JERRY NINI - 2, THOMAS CAMPBELL - 3, GEORGE NIXON - 10, MARLENE LAWSON - 11, LORETTA E. RORVIG - 16, DOROTHY THOMPSON - 17, SANDRA NINI - 19, KAYE LOUCKS - 20, MARGE PULLIAM - 23, BERNADINE CROWN - 26 **Happy Birthday to all!**

## **Fredericksburg Seniors Travel Committee -**

**Sister Act**, a musical comedy at Riverside Center Dinner Theatre. We have reserved a matinee on Wednesday, September 30, 2015. Your \$50.00 price per person includes luncheon, performance, tax and gratuity. Get your money in soon to the travel office to reserve your seat!

**Staunton, VA, Tuesday, September 8 – 8:30 AM – 6:00 PM**

Cost \$35.00/person with lunch at your own expense.

We will tour Sun Spots Glass Factory for a glass blowing demonstration, with lunch on your own at The Bistro in downtown Staunton. The sign-up sheet is available in the Travel Office.

**Graves Mountain Lodge, Syria, VA, Tuesday, October 13 – 9:30 AM – 4:30 PM**

Cost \$56.00/person (includes the cost of the fried chicken dinner)

Lunch at the Lodge, a stop at the Apple Barn; Yoder's Market on Route 29 in Madison County and the Country Store & Bakery on Route 29 in Culpeper County. Be sure to bring a cooler for your purchases. The sign-up sheet is available in the Travel Office.

### **Charleston, SC, Historic Festival of Lights, Weds., Thurs., & Fri. - December 2, 3, & 4**

Cost \$349.00/double occupancy

Visit beautiful Charleston during the holiday season! Flyer and sign-up sheet are available in the Travel Office. (Trip insurance is available.)

## **Sunshine**

***Kaye Loucks***

If you know of any members that are ill or are recovering from surgery, let me know so I can send along a card. Sent thinking of you/get well cards sent to the following;

## **Refreshments**

***Marietta D'Ostilio***

The following individuals will be providing refreshments for our next meeting Ellen Grigg, Brenda Weightman, Rose Marie Schlemm, Susan Trunzo

Thanks! If you haven't signed up this year - please do!

## **Membership**

***Kathy Corley***

Membership: No new members so bring a friend!

## **Senior Safety Tips**

### **Medic Alert Devices**

At the FTC, one of our goals is to stop scammers and end their schemes. Sometimes, that requires persistence. Take the case announced today by the FTC and the Florida Attorney General against Lifewatch, Inc., a company that sells medical alert systems, mostly to older people.

Last year, the FTC and the Florida AG sued Senior Safe Alert, a telemarketer that made illegal robocalls to pitch so-called "free" medical alert devices to older people. But they also lied about the cost and quality, and that company was quickly shut down. But the medical alert systems came from another company, Lifewatch, which simply recruited new telemarketers. You can probably guess what happened next: they kept up the deceptive campaign, including illegal robocalls. So now the FTC and the Florida AG are suing Lifewatch.

Here's a trifecta of misrepresentations the FTC says Lifewatch made in its telemarketing campaign:

1. *Your alert system has "already been paid for" by a friend or family member.* Not true.
2. *The system is endorsed by major organizations like the American Heart Association or AARP.* Nuh-uh.
3. *You won't be charged anything until you activate the device, and you can cancel the service at any time without further payment.* Not so much. Actually, Lifewatch charged people as soon as it got their account information. Then, they refused to let people cancel until the company got back the equipment or a \$400 penalty.

There are legitimate companies selling medical alert systems. But they don't rely on unexpected – and illegal – robocalls. If you get a recorded sales message (and you haven't given your written permission to get calls from the company on the other end), the call is illegal. And it's probably a scam. Hang up and report your experience to the FTC at [ftc.gov](http://ftc.gov) or call 1-877-FTC-HELP.

## Editor's Note

As a previous President of this chapter I can tell you that being an officer is not a difficult job. The rewards garnered in seeing the chapter continue to function and bring volunteer opportunities, fellowship and educational experiences are many. We all have been given much in our lifetimes and should be grateful for the opportunity to give something back to our community and friends. Please prayerfully consider volunteering for one of the officer positions or being a board member. Remember the AARP logo, "To Serve not to be Served."

Try to bring a friend or neighbor to one of our meetings to share fellowship and learn about our chapter and AARP.

## Legislative

**RICHMOND** — The U.S. Senate voted on Tuesday on the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015 (H.R. 2) that permanently replaces the Sustainable Growth Rate (SGR) formula used to calculate reimbursements to physicians under Medicare. The Senate also voted on the Cardin-Vitter "Seniors' Amendment" which was a Key Vote for AARP.

AARP applauds the momentous bipartisan Senate vote on MACRA to repeal and replace the flawed SGR formula with an improved payment system. AARP has long advocated for a permanent SGR fix to help ensure that Medicare beneficiaries can rest assured that they'll be able to keep seeing their physicians each year.

AARP sent a letter to each U.S. Senator urging them to support the "Seniors' Amendment" to MACRA, based on bipartisan legislation introduced by Senators Collins (R-ME) and Cardin (D-MD). This amendment would have removed Medicare's arbitrary cap on physical therapy, speech-language pathology, and occupational therapy services. AARP informed the Senators that we would track their individual votes on the amendment as an "AARP Key Vote" and report back to our 38 million members and the public how each Senator votes on this key amendment.

"AARP Virginia applauds Senators Mark Warner and Tim Kaine for voting for the Cardin-Vitter "Seniors' Amendment," said Peter Goldin, Interim State Director, AARP Virginia. "Although the amendment did not pass, we appreciate the Senators' vote in support of Medicare beneficiaries in our state, particularly stroke victims and people with Parkinson's and Multiple Sclerosis, who need physical therapy, speech-language pathology, and occupational therapy services."

Treasurer's Report		Aug. 12, 2015
Beginning Balance July 18		\$3257.93
8/12	50/50	17.00
	Donated back 50/50	16.00
	Coffee Fund	4.95
Total Deposit		+ 37.95
Disbursements		
7/29	#1617 J. Channel Micha Breakfast	65.93
8/4	#1618 S. Anderson Brisben Meal	111.19
8/4	#1619 S. Scheibe Newsletter	<u>55.02</u>
Total Disbursements		<u>-232.14</u>
Balance August 12, 2015		\$3063.74