



AARP Dulles Social Scene

Newsletter of
Dulles Area Chapter #4681



Save the Date September 13, 2009!

Advocacy and Membership Drive

Our chapter is going to get out in the community with smiling faces, AARP literature and membership applications.

April 18, Hendon Senior Center

May 14, Reston Community Center

See more information and how you can help, on page 4, Membership.



**Classic Auto Show
Sept, 13
2009**

Pat Rhoads, chairperson of the Silent Auction, Door Prizes, and goodie bags

for the show, wants you to start collecting these items now and contact her by phone 703-405-1442 or email PatriciaRhoads@aol.com.

President's Note

We have some great things planned before our summer recess. Our April Arts program meeting featuring the celebrated Beverly Cosham will be SRO. Our May program on how to have adult to older parent dialogue is sure to be one of our best. Our Hoe-down in June is not to be missed. Come join in the dance!

Janet

Hospitality Committee News

— Pat Bredthauer

Thanks to those of you who signed up to bring "goodies" to enjoy after the meetings through May. There will be more opportunities after the summer break. Please bring your finger snacks and plan to take the uneaten portions as



you leave. That will help a lot with the clean-up. Give me any suggestions as this is a new challenge for me and I want it to meet the needs of the group.

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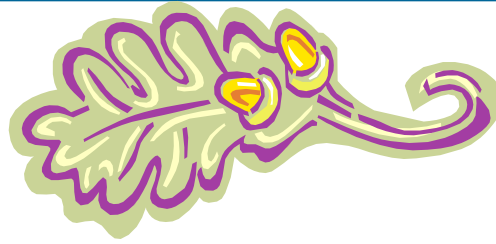
- Apr 16 Chapter Meeting
- May 13 Board Meeting
- May 14 National Service
- May 21 Chapter meeting
- June 9 Car Show Meeting

Community Service News – by Nancy Vollmer

The Jeanie Schmidt Free Clinic provides access to quality health service to uninsured low-income residents in NW Fairfax County through a network of volunteer healthcare professionals and community volunteers. We can make a difference when we...

Donate some of the following items that are needed for the clinic.

- 1) Tooth brushes and toothpaste
- 2) TARGET PHARMACY gift cards - \$5.00 value.



Chapter Charitable Projects

- 3) Paper, pens, envelopes and other basic office supplies.

Learn more about the Jeanie Schmidt Free

Clinic on Grove Street in Herndon by visiting www.jsfreeclinic.org

AARP NATIONAL DAY OF SERVICE Thursday, May 14, 2009. We will prepare bag lunches for Embry Rucker Shelter . We need volunteers to help out on May 14, 9:00 to 11:00 a.m. We will do that work at the Senior Clubhouse in Reston at 1850 Cameron Glen, Reston, VA 20190

Health –Pat Williams of Graceful Care

Managing Chronic Pain Part I Alternative Treatments That Work on Pain

TYPE

Mind-Body Medicine:
Using the powers of the mind to produce changes

WHAT THEY HELP

All types of chronic pain

HOW THEY WORK

By reducing stressful (and, hence, pain-inducing) emotions such as panic and fear, and by refocusing attention on subjects other than pain

EXAMPLES

- **Meditation:** Focusing the mind on something specific (such as breathing or repeating a word or phrase) to quiet it
- **Guided imagery:** Visualizing a particular outcome or scenario with the goal of mentally changing one's physical reality
- **Relaxation:** Releasing tension in the body through exercises such as controlled breathing

Birthday Corner– Sandi Wickham

April



6	Sam Choudhury				
6	Viola Murphy				
6	Kay Slater				
21	Sylvia St Jean				
22	Jo Rahme				

2009 Officers, Directors, and Committee Chairs -by Brent DeRobertis

Officers and Board of Directors meet on the second Wednesday of the month



Officers:

President: Janet Carter

Vice President: Sheila Hanz

Treasurer: Ron St. Jean

Secretary: Beth Terrell

Board Members:

Brent DeRobertis

Nancy Vollmer

David Slater

Committee Chairs:

Membership, Sandi Wickham

Hospitality, Pat Bredthauer

Program, Dave Slater

Community Service, N. Vollmer

Publicity, TBA

Legislative, Shelia Hanz

Social, TBA

Meeting Speaker/Entertainment News —by Dave Slater

Let music of the 1940's and 1950's energize your soul. Beverly Cosham will make a presentation and performance of this music at our **April 16 meeting**.

One of the first Reston Players, her cabaret show has received wide acclaim by combining her acting and singing skills. She will be the featured per-

former at the Reston Community Orchestra's "A Family Evening at the Pops" on April 25.

On May 21 a dialogue with Home Instead staffers will provide tips on inheritance discussions between you and your children. Named 40/70 after the typical ages such dialogues occur, it will cover real and personal property and

financial instruments owned by Virginians. Those of you experienced or not with hoedowns, a lively rollicking dance, will want to whoop it up at our **June 18** meeting and smorgasbord. Bib overalls, blue jeans, bandanas, straw hats, and cow-person boots, while encouraged, are optional. **Note:** This program will be at the Reston Community Center at Lake Anne in the Rose Gallery.

Legislative Committee News —by Sheila Hanz

Senior Stimulus Payments to Start in May

The check is almost in the mail. Barely a month from now, in May, retirees and other Social Security beneficiaries will get an extra \$250 per person from Uncle Sam, as part of the economic stimulus bill signed into law on Tuesday.

The so-called senior payment—\$250 for individuals, \$500 for cou-

ples who both receive some Social Security benefit—will go to retirees, older veterans, SSI (Supplemental Security Income) beneficiaries, and people with disabilities.

Recipients won't have to fill out a tax form or do anything—unlike the stimulus rebate of 2008. They just wait for the money to show up. They'll get the money the same way they get Social Security—either through direct deposit or a check in

the mail.

Federal and state retirees who don't receive Social Security benefits also will qualify to receive the payment but may have to file 2009 tax returns to receive it.

Divided  WeFail.org



The power to make it better.

AARP
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Phone: 571-435-8028
Fax: 703-471-3977
E-mail: janet@aarpdulles.org

The Power to make it better

Dulles Area Chapter 4681, AARP was started in 1990 by a group of recently-turned-50s who were still working and lived in the Reston-Herndon-Sterling area. They wanted to learn more about things available to people in the pre-retirement and retirement age groups that could make lives better in their community, help plan for a better retirement, and give support to others who needed it. And have some fun while doing it!

The Chapter was incorporated in November, 1991 and its first public service project was to ADOPT-A-FAMILY from Loudon County for the Thanksgiving holiday. Since then it has been recognized in Fairfax and Loudon Counties for its many community service projects including planting seedling trees, clothing and food drives for shelters and those in need, cleaning a section of the W&OD Trail.

The first meeting was chaired by Pat Rhoads, First Vice President.

Www.AARPdulles.org

Membership Committee News—by Sandi Wickham



Friendly Committee extends the Welcome Mat

have not paid their 2009 dues. This is a reminder that they are payable now. Please bring to the next meeting or give me a call at 703-437-0862.

*If you are not yet a National AARP member you may submit your application along with a separate check for National AARP dues. National AARP dues: \$12.50 for one year, \$21.00 for two years, \$29.00 for three years.

Chapter meetings are currently the third Thursday of each month at 7 to 9 pm.

HERNDON SENIOR CENTER DAY

Saturday April 18, 2008

Need volunteers to man a table, 10-2, to tell the local community about our chapter and all the good things that we do.

OLDER AMERICANS CELEBRATION

Reston Community Center, Thursday, May 14, 2008

For many years, our chapter has had a table to introduce our organization and hopefully gain some new members. There will be handout material. We will work 11:00 a.m. to 2:00 p.m. I will be looking for two people to "man" the table 11 to 12:30 and another two to cover 12:30 to 2:00.

Membership Guidelines

- be age 50 or over
- be a member of the National AARP*

Pay Dulles Area Chapter dues of \$10.00 per year.

There are still a few members who

CHANGE OF VENUE!!!

Chapter meetings for April and May 2009 will be at the Lake Anne Professional Building, 11484 Washington Plaza, W, Suite 140, Reston, VA 20190. **June Hoe Down will be at the Lake Anne Rec Center.**