

## Save the Date September 12, 2010!



# AARP Dulles Social Scene

Spring Greetings! The warmer weather brings opportunities for each one of us to shed those heavy coats, hats and gloves and enjoy the natural beauty that surrounds us. It is wonderful to see the trees bud, the flowers bloom and the birds and backyard critters move around in our neighborhoods.

will learn about converting our photos, slides, and home movies to CD or DVD format. We meet on the third floor, Suite 320, at 11484 Washington Plaza, West, in Reston.



We continue to plan for our car show on Sunday, September 12. If you would like to help with our preparations we'd welcome you to join us in the planning stages. The committee meets again on April 28<sup>th</sup> at 7 Pm. The fifties are but a memory – let's bring back some of the fun by making this our best car show yet!

If you want to purchase one of these "cool" chapter bowling shirts, see Brent

I look forward to seeing you at our next chapter meeting on Thursday, April 15<sup>th</sup>. Ask a friend to come along with you. We

— Nancy

## Hospitality Committee News

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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### Upcoming events:

- *Apr 15 Chapter Meeting*
- *May 12 Board Meeting*
- *May 20 Chapter meeting*
- *Apr 28 Car Show Meeting*

# Community Service News – by Nancy Vollmer

**FOR APRIL:** We continue to help our neighbors by bringing canned goods and other non-perishable items to the chapter meeting. The items will help stock the shelves at Reston Interfaith Relief's food bank.



## Chapter Charitable Projects

Thank you for your continued efforts to support our monthly community service project.

### W&OD Trail clean up

Monday May 3, 8:30 am

Meet by the skating rink at the Reston Town Center. This is a great opportunity to "Create the Good" in our community.

Safety vests and "grabbers" provided

## Health – Pat Williams of Graceful Care

Give Yourself a Hand!

Feeling hungry? Just feeling like "eating SOMETHing?" It's dinner time?

If you are at all concerned about your weight, Giving Yourself a Hand is an easy system for those of us that are math challenged and therefore don't like to count calories.

First: I like to recall what I have eaten that day. We all know the food groups. Did I forget to have proteins like chicken or meat? Or did I forget to have servings of vegetables or fruits or whole grains or beans?

Decide what's missing and concentrate on basing your meal or snack on those food groups.

Second: Apply the TNT reminder and give yourself hand-sized portions. Imagine you have chicken breasts on a plate. Take for yourself a portion of chicken that is equal to YOUR clenched fist or your outstretched palm.

Try to eat no more than one carbohydrate after 4pm, and only protein after 9pm if you have to have something. The TNT fitness plan has many excellent components to it, but the simplest way to start is to "give yourself a hand!"

## Birthday Corner– Sandi Wickham

### April



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

## 2010 Officers, Directors, and Committee Chairs -by Brent DeRobertis

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



#### Officers:

President: Nancy Vollmer

Vice President: Brent DeRobertis

Treasurer: Linda Andersen-Butler

Secretary: Sandi Wickham

#### Board Members:

Julia Scoville

Micaela Cella

David Slater

#### Committee Chairs:

Membership, Sandi Wickham

Hospitality, Open

Program, Dave Slater

Community Service TBA

Publicity, TBA

Legislative, Sheila Hanz

Social, TBA

## Meeting Speaker/Entertainment News –by Dave Slater

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Many family and personal memories are recorded on movies, slides, and snaps accumulated over the years. For several years it has been possible to consolidate these resources on DVDs for viewing on television computers. Ms. Carol Blair has provided this service to friends and family members. At the **April 15** meeting she will show you how to do it, required equipment, and cost implications of this interesting hobby.

The psychological benefits to the elderly of pets is well documented. Ruth Benker has volunteered for years connecting nursing home residents to "service" animals in Fairfax County. On **May 20** she will share experiences with you and identify sources of this service.

The theme of our annual Summer fling on **June 17** at the Lake Anne branch of the Reston Community Center is "Gone With the Wind". It will include the 70-

plus-year-old movie, an opportunity for you to dress the part, and temporal selections by the Chorus of the Old Dominion. End the Chapter's fiscal year with a bang at the Rose Gallery.

## Legislative/Awareness Committee News

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As I wandered through the grocery store the other day I noticed a number of women who had left their purses in their shopping cart, most of them in the child seat. In quite a few cases, the shopper had her back to the cart. I mention this because I've known a couple of people whose purses were stolen or had their wallets lifted while doing this exact same thing. As I left the store,

there were two people who were loading groceries into the back of their vehicles. In both cases, they had left their door open and the engine running. A couple of years ago there was a rash of car thefts under these very same circumstances. Please protect yourself and your belongings by being more aware of your surroundings and your possessions!



The power to make it better.

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**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 2010 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** for April and May 2010 will be at the Lake Anne Professional Building, 11484 Washington Plaza, W, Suite 320 or 140, Reston, VA 20190. **June “Gone With the Wind” theme party meeting will be at the Lake Anne Rec Center in the Rose Gallery room.**

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

### **SENIOR SENIOR PROM**

Saturday May 1, 2010  
St. Joseph’s Church, Herndon  
pat@gracefulcare.com

**OLDER AMERICANS CELEBRATION**  
Reston Community Center, Thursday, May 26, 2010

For many years, our chapter has had a table to introduce our organization and hopefully gain some new members. Need volunteers to help promote our chapter.

### **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