



AARP Dulles Social Scene

Newsletter of
Dulles Area Chapter #4681



Save the Date September 13, 2009!

Second Annual Car Show Fundraiser under way!

Plans to repeat and improve upon last years success are moving along.

Last year this event raised **\$4,500** for our designated charity, George Mason University scholarships for Geriatric Nursing students. We have been challenged to double last years figure.

The Virginia state AARP which partnered with us to help defray some of the operating costs indicates that financial help might not be available this year.

Mark your calendars for Tuesday March 17th, at 7p.m. for our kick off meeting.

Some of the things we will be working on:

1. Making the auction more visible
2. Considering more vendors
3. Different Food Vendor
4. New DJ and entertainment
5. Fun 50's theme
6. Additional ways to get donations
7. How to defray operating costs
8. Trophies and awards



Last Year's Best of Show '57 Chevy

Hospitality Committee News

— Pat Breadthauer

We can always use donations of finger food at our monthly meetings. It would be great if each member could bring a snack to one meeting each year. This would allow for a lot of good snacks and greatly



reduce my begging and groveling. Please sign up on my sheet when you can help. Bon Appétit!

pat@aarpdulles.org

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Upcoming events:

- Feb 19 Chapter Meeting
- Mar 11 Board Meeting
- Mar 17 Car Fundraiser Meeting
- Mar 19 Chapter Meeting

Ongoing:

Canned goods for the food bank

February:

Embry Rucker Shelter

New or good condition washcloths and towels are on the much-needed list at the Shelter.

March:

Loudoun Abused Womens' Shelter



Chapter Charitable Projects

-- Domestic & International Phone cards (small \$ amounts) 30 to 60

minutes

- Gift cards / certificates (\$10.00 - \$20.00) -- Gas, Safeway, Giant, Bloom, Target, Wal Mart or other department stores or fast food

W&OD Trail Cleanup

Monday, March 2, 8:30 am. Meet behind the ice skating rink.

pat@aarpdulles.org

Health –AARP Online

Fatal Rx Drug Errors Soar

Accidental deaths caused by people improperly taking medications rose by more than 700 percent from 1983 to 2004, according to a new analysis of all U.S. death certificates issued in that period.

Excluding deaths by suicide or side

effects, researchers from the University of California, San Diego, focused on fatal medication errors at home, primarily from overdoses and mixing prescription drugs—especially painkillers—with alcohol and street drugs. The steepest increase in deaths (890 percent) was among people in their 40s and 50s.

The study, published in the *Archives of Internal Medicine* on July 28, sug-

gests the trend is linked to potent medicines once administered in hospitals but now prescribed mainly for home use, with more responsibility on the patient.

For information on how to take drugs wisely, see AARP's [Using Medications Wisely](#).

Birthday Corner– Sandi Wickham sandi@aarpdulles.org

February



21	Bette Fortin				
23	John Warga, Jr.				
29	Nancy Mohl				
13	Vivian Cannon				

2008 Officers, Directors, and Committee Chairs -by Janet Carter

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, Sheila Hanz

Social, TBA

Meeting Speaker/Entertainment News —by Dave Slater dave@aarpdulles.org

On March 19 noted author Stephen Miller will discuss the writer's life highlighting approaches to your memoirs, reminiscences, and other things you should get down on paper or into your computer. He has over 35 years of experience in writing popular books, op-ed pieces, and technical articles. **In April** our

thoughts turn to Spring and to music of the 1940' and 1950's with a presentation and performance by Beverly Cosham. Her acting and singing career spans over 40 years in the Metropolitan Washington Area including early stints with the Reston Players.

To ease the way to inheritance discussions between you and your family, a dialogue led by Home Instead staff will be presented on **May 21**. Called 40/70, this program will help you resolve issues regarding personal property and finances.

Legislative Committee News —by Sheila Hanz Sheila@aarpdulles.org

There will be a training on March 16th to find out my role in the Continued DWF effort and I will be looking for team members from our chapter who want to continue working on DWF (Divided We Fail) projects.





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 sandi@aarpdulles.org



Friendly Committee extends the Welcome Mat

*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.

2009 Dues are currently payable.

Chapter meetings are at the Lake Anne Professional Building, 11484 Washington Plaza, W, Suite 140, Reston, VA 20190.

With Spring on the horizon, it's time to do something really good for yourself. Perhaps a walk in the sun-

shine, lunch with a friend you haven't seen for awhile. Do something good for yourself! Please invite any family, friends or acquaintances who might be interested to our meetings. We welcome them and love to see you!

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

Please pay your 2009 Chapter dues if you have not already!!!

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

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