

Leadership Team Plans for Eventful Year– Nancy Vollmer

WE WELCOME IN THE NEW YEAR 2012 AND CELEBRATE OUR 2011 CHAPTER'S ACCOMPLISHMENTS. We thank each member who participated in the past year's events: our quarterly trail clean-up, monthly meeting set-up/ refreshments/clean-up tasks, program committee efforts and fund-raising/car show planning and event that enabled our chapter to present 2011 Scholarships to two deserving GMU students.

Planning is underway for our 2012 programs and events and you can become a vital part of those events. Please help us increase membership in our local chapter by continuing to talk to your friends about our endeavors

and inviting them to our monthly chapter meetings.

Stay informed by checking our Facebook page: AARP Dulles Chapter 4681 and by visiting our website: www.aarpdulles.org

I look forward to seeing you at our February Chapter meeting on Thursday, the 16th, at 7:00 PM at the Herndon Senior Center, 873 Grace Street, Herndon, VA.

With your help, we can have another successful year. I look forward to working with each of you



to continue our efforts to serve our community.

AARP Dulles Social Scene

Hospitality Committee News

We are in search of a person to chair the Hospitality Committee. This person coordinates the volunteers who donate refreshments for the monthly meetings. There is a stock of supplies and a small



budget to replenish those supplies. If you are willing to serve in this capacity, please contact Nancy Vollmer for additional information or to serve in this capacity.

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Upcoming events:

- Feb 8 Car show meeting
- Feb 8 Board Meeting
- Feb 16 Chapter Meeting

Community Service News – by Nancy Vollmer

JANUARY SERVICE PROJECT:

Let's continue to help our neighbors by bringing canned goods and other non-perishable items to the January chapter meeting. The items will help stock the shelves at Reston Interfaith Relief's emergency food bank.

Thank you for your support of the Helping Hungry Kids pro-



Chapter Charitable Projects

gram. The food items were delivered to the program coordina-

tor and helped fill backpacks of children at Dogwood Elementary School.

W & OD TRAIL CLEAN-UP

NEXT CLEAN-UP DATE: March 12: The date follows the Daylight Savings Time change. Our sign-up sheet will be available at the next chapter meeting

Health –Pat Williams of Graceful Care

INSTANT REFRESHERS

Can't find your to-do list, and don't want to find it? Your eyes have black circles that seem to last all day? You're having caffeine in the afternoon because your energy doesn't last all day? Here are some instant healthy refreshers:

1. Sit up straight. Try slouching and breathing, then try sitting up straight and breathing. See how much more oxygen you take in, and how easily. Improve your circulation and alignment by sitting up straight.
2. Breathe. Give the mind-bunnies a break and clear your thoughts, focusing on your inhalation and exhalation for a few minutes.
3. Take in a little sun early in the morning or later in the afternoon. The light and fresh air help wake up our metabolism.
4. Walk. Speed up your pace for a short burst of a minute, then slow it down again for two minutes. Cardio improves your circulation, and alternating bursts is said to teach your body to handle stressful moments.

Birthday Corner– Sandi Wickham



January

2	Dale Fukagawa	26	Judi Mullenger		
15	Doris Bessor	27	Martha Hey		
21	Polly Lung	38	Brent DeRobertis		

2012 Officers, Directors, and Committee Chairs

Officers and Board of Directors begin their terms December 15, 2011.



Officers:

President: [Nancy Vollmer](#)

Vice President: [David Slater](#)

Treasurer: [Sandi Wickham](#)

Secretary: [Mary Ann O'Connor](#)

Directors:

[Patricia Rhoads](#)

[Brent DeRobertis](#)

[Patricia Broderick](#)

Committee Chairs:

Membership: [TBA](#)

Hospitality: [TBA](#)

Program: [Dave Slater](#)

Community Service: TBA

Trail Clean-up: [TBA](#)

Publicity: TBA

Legislative: [TBA](#)

Social: TBA

Meeting Speaker/Entertainment News –by Dave Slater

Our February program is a presentation by the vice chair of the Oakton-Vienna Shepherd Center, Bill Kirby.

The Shepherd's Center of Oakton-Vienna (SCOV) is a non-profit, volunteer-based, interfaith organiza-

tion sponsored by area congregations and community groups to serve older persons in the Vienna and Oakton areas of Northern Virginia. Their primary purpose is to provide service to assist older adults to continue to live independently in their own homes and to

offer programs which supply opportunities for enrichment, learning and socialization.

There are 70 centers nationally. Find out how one can be started in the Reston/Herndon area.

Legislative Committee News —by Sheila Hanz



Warning:

Wrenching unemployment in the next primary states

The Republican presidential race has moved away from states with relatively low unemployment – 5.7 percent in Iowa and 5.2 percent in New Hampshire – to states where the hunt for a

job is a daily heartache, especially for older workers.

Suck in your breath: South Carolina has 9.9 percent unemployment, Florida 10 percent and Nevada 13 percent. Those three states combined have shed more than 1 million jobs since 2008. “A lot of people have quit looking or are underemployed

says David Woodard, a political scientist at Clemson University.

Woodard expects a South Carolina primary turnout of mostly older voters, as it was in 2008. “The difference between then and now is the mood: Voters are surly. “It’s really apparent that it’s a very despondent and angry electorate,” South Carolina primary is Jan. 21, Florida Jan. 31 and Nevada Feb. 4.



The power to make it better.

AARP
Dulles Area Chapter 4681
P.O. Box 8594
Reston, VA 20195

www.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 re-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.

Membership Committee News—



AARP Dulles extends the welcome mat

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

Dulles Area Chapter dues are \$10.00 yearly. \$18 a couple

Pay online www.aarpdulles.org

2012Dues are currently payable.

We are still seeking someone who has a couple hours a month they are willing to donate to the chapter and who will head our Membership committee. This doesn't take much time and will give you the opportunity to meet and greet our members. Please contact Nancy or me.

Sandi Wickham

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.