

Summer Break

AARP Dulles Social Scene

Newsletter of
Dulles Area Chapter #4681



Save the Date September 13, 2009!

As we prepare for our chapter "summer vacation"--no monthly meetings in July or August, there are still multiple opportunities for all members to continue to be active in chapter activities. The Classic Car Show event committee is well-organized and moving forward--we are actively pursuing Sponsors and vendors and program advertisers for the show and folks to show their classic vehicles. Who do you know who has a business or service that is car-related or 50's nostalgia related? We'd like to have lots of participation from our members, community business partners and general public at this rip-roaring event!

Our meetings over the past few months have been packed with wonderful, informative and enjoyable artists and guest speakers. Is there a particular topic you'd like to learn more about? Dave Slater, Program Committee Chair, is always open for new--or repeat suggestions and performances.

Your chapter board and committee chairs have been providing many hours of service to the organization--they truly make our chapter function well. We look forward to an exciting fall season. We'll see you on the other side of August. - Janet

Classic Car Show News 9/13/09

We need help with registration, putting together goodie bags, assembling programs, passing out flyers at car shows, and lots of help the day of the show. We estimate about 23 people needed. Please contact me if you can help. Next meeting is July 15, 7p.m. at the Lake Anne Professional Building Ste 320. Thanks for helping.

Email: brent@aarpdulles.org



Hospitality Committee News

— Pat Bredthauer

In June we will have a great "Hoedown" with toe-tapping music and conviviality. **Barbecue** will be the centerpiece of the menu. We suggest the following kinds of items for the potluck supper:

Salads: potato, macaroni, cole



slaw, layered, Jell-O with fruit
Side Dishes: macaroni and cheese, baked beans, scalloped potatoes, scalloped tomatoes

Desserts: fruit pies, layered cakes.

Inside this issue:

Social & Hospitality	1
2009 Leadership Team	3
Legislative	3
Speakers	3
Membership	4
Community Service	2
Health	2

- June 18 Hoedown
- July 15 Car Show Meeting
- Aug TBD Car Show Meeting
- Sept 13.-Car Show

Community Service News – by Nancy Vollmer/Pat Bredthauer

Many thanks to the Chapter for your generosity this year. Your continued support of time, products, and money for local charities is much appreciated. Special thanks go to those that helped clean up our section of the W&OD trail.

All summer we will be working on our big car show fundraiser for nursing scholarships.

What is needed is memento type items for the goodie bags to be given to folks that register their cars in our



Chapter Charitable Projects

show.

We are looking for **new small** items such as pens, letter openers, tools, key chains, t-shirts, etc. that can fit in a small shop-

ping bag. We need these items in quantities of 100.

So, if you have, or know someone with a small business, please donate or encourage them to donate items. Please contact **Pat Rhoads, patriciarhoads@aol.com.**, who is coordinating the effort. Thanks in advance.

Health –Pat Williams of Graceful Care

Want to Feel Better?

You are dragging and you don't have time for a nap. You don't want to rely on another cup of coffee to perk yourself up. Try these:

1. Sit or stand up straight and pull your shoulders and chin back. Your neck tension will disappear. Your muscles and bones will line up more comfortably, and you can just imagine your blood flowing more easily, delivering

oxygen throughout your body and increasing your energy.

2. Breathe. Take a few minutes to sit down and focus on your breathing.

Feel your belly move out and in, and feel the cool air flowing in and out of your nostrils. This technique often quiets those "mind bunnies" – the thoughts that continually race through your mind. Sometimes this technique even evokes calm thoughts of gratitude.

3. Step outside and let the light stimulate your metabolism. Ten minutes in the sun early or late in the day can combat exhaustion and depression.

4. If you have 20 minutes to rev up your system, take a walk or exercise indoors, but alternate leisurely exercise with one-minute periods of intense movement. This technique teaches your body to calm itself after a period of stress.

Birthday Corner– Sandi Wickham



June

2 Iris Iorio, Paul Stygar
8 Tom McCormick
9 Lucy Koizumi
12 Mary Sweeney
16 Frances Lovaas
26 Nancy Vollmer
30 Joyce Dadant

Summer Birthdays

July

1 Jeanette Benedicto
3 Ed Butler
7 Janet Carter
9 Carol Bradley, Nancy Mitchell
12 Lamieh Salami
15 Janet Keebler
17 Julie Aurora, Ed Donnelly

August

20 Celeste Penkunas
22 Ruth Davis
23 Nora Tamberg
30 Patricia Broderick
11 Jim Parker
17 Ralph Butler
18 Lemuel Drawhorn
20 Sheila Hanz
24 Mary Drawhorn

2009 Officers, Directors, and Committee Chairs

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

The Program Committee solicits suggestions for the Chapter's September through December meetings (chapter is in recess during July and August). The next meeting of the Committee is scheduled for **July 1**.

Please email Dave;
dave@aarpdulles.org with suggestions
or if you want to join his committee



Legislative Committee News —by Sheila Hanz

AARP's SIX LEGISLATIVE PRIORITIES FOR HEALTH REFORM

- 1) Guaranteeing affordable coverage for Americans age 50-64;
- 2) Closing the Medicare Part D coverage gap or "doughnut hole";
- 3) Preventing costly hospital readmissions by creating a Medicare follow up care benefit to help people transition home after a hospital stay;
- 4) Increasing federal funding and eligibility for home and community based services through Medicaid so older Americans can remain in their homes as they age and avoid more costly institutional care;
- 5) Creating access to generic versions of costly biologic drugs used to treat cancer and other serious illnesses; and
- 6) Improving programs that help low income Americans in Medicare afford the health care and prescription drugs they need.



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.



Membership Committee News—by Sandi Wickham



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.

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

Chapter meetings are currently the third Thursday of each month at 7 to 9 pm. (No meetings in July and August)

It's summer and time to do something unexpected! Many of us are gardeners

and really get busy at this time of year tending the plants, and in the case of those who grow vegetables, finding some way to preserve the harvests. We should take time for ourselves and do something that is just for fun - not just once but often. When is the last time you took a walk through your neighborhood, or strolled through one of the gorgeous parks in our area; how about some of the world class museums we have very nearby? It's time to take a break from the normal routine and do something that will satisfy your physical self and your need for a break from your everyday activities. Take the time to look around and relax while doing it. Check with your local community association and see what field trips are available. Fairfax County Parks and Rec has a number of field trips, classes and parks for us to use and enjoy. Your mind and body will thank you!

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

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