

Summer Break

AARP Dulles Social Scene

Newsletter of
Dulles Area Chapter #4681



Save the Date September 12, 2010!

PRESIDENT'S MESSAGE

By golly it is the month of June and I cannot believe we are ready for our final meeting with our pot-luck Southern dinner and social event. The event is on Thursday, June 17, 7 PM to 9 PM at the Rose Gallery of Reston's Lake Anne Community Center, 1609 Washington Plaza North #A; and, this is going to be another good one, so please come, invite a friend to come with you, and join the fun. Members are cooking up some special Southern dishes to share and our tribute to Gone with the Wind will be part of the celebration. After this get together, we will take our summer break from monthly meetings until we resume our monthly meetings on Thursday, September 16.

During the summer, you can keep informed by checking our Facebook page: **AARP Dulles Chapter 4681** and our website: www.aarpdulles.org – check us out on-line! In addition, we will be sending information to you through your e-mail account. Enjoy the summer months.

I look forward to seeing you at the social on June 17,

Nancy Vollmer



W&OD Trail Clean Up News

— Pat Bredthauer

You are invited to come join us on the first Monday in August (AUGUST 2) at 8 AM to participate in our quarterly trail-clean-up. Our part of the trail is from Reston Ave. to the Fairfax County Parkway. We meet at the trail head near the



Reston Town Center close to the outdoor Ice Rink/Plaza. Trash bags, grabbers and bright orange safety vests are provided. We welcome all newcomers to this service group.

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- June 17 Party Meeting
- July 14 Car Show Meeting
- Aug TBD Car Show Meeting
- Sept 12.-Car Show

Community Service News – by Nancy Vollmer

Background Information on our community service project: We continue to help our neighbors by supporting the Emergency and Self-Sufficiency Services Program (ESSP) of Reston Interfaith Relief. The ESSP responds with emergency food (fresh and non-perishable) and personal care supplies, referrals for emergency clothing and other resources, and financial assistance for rent and utilities. Clients who use ESSP can access other Reston Interfaith services, including case management, which can help indi-



Chapter Charitable Projects

viduals and families overcome the obstacles that often lead to crisis in the first place. For families who are unable to get to ESSP, they deliver food to local low-income housing complexes and senior clients.

FOR JUNE: Please bring canned goods and other non-perishable food items and/or hy-

giene items to the chapter meeting. Hygiene Items needed include toilet paper, deodorant, toothpaste, laundry detergent, soap, shampoo, and toothbrushes. Our contributions help stock the shelves at Reston Interfaith Relief's food pantry.

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

Health – Pat Williams of Graceful Care

Many American seniors are finding out that making music — specifically revisiting or learning to play a musical instrument — could potentially usher in a period of creativity and sheer joy. Researchers are discovering health benefits, too.

For older Americans engaging in various music programs that involve playing or singing — even drumming. After two years, participating seniors are enjoying the benefits of:

- better health and fewer falls
- slower rate of increase in doctor visits
- significantly lower rate of increasing medication usage
- improvements in depression, anxiety, loneliness and morale
- increased social interaction
- reduced stress
- boosted melatonin levels
- increase in human growth hormone
- increased cancer-killer cells

Thousands of American seniors are reaping the medical, emotional and social benefits of making a joyful noise. Maybe it's time to join them!

Birthday Corner– Sandi Wickham



Summer Birthdays

June	July	August
2 , Paul Stygar	1 Jeanette Benedicto	20 Celeste Penkunas
9 Lucy Koizumi	3 Ed Butler	22 Ruth Davis
12 Mary Sweeney	7 Janet Carter	23 Nora Tamberg
16 Lloyd Griffiths, Frances Lovaas	9 Carol Bradley, Nancy Mitchell	30 Patricia Broderick
21 Isis Iorio	12 Lamieh Salami	11 Jim Parker
26 Nancy Vollmer	15 Janet Keebler	17 Ralph Butler
30 Joyce Dadant	17 Ed Donnelly	18 Lemuel Drawhorn
		20 Sheila Hanz
		24 Mary Drawhorn

2010 Officers, Directors, and Committee Chairs

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

Car Show, Brent DeRobertis

W&OD, Pat Bredthauer

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 Slater;
dave@aarpdulles.org with suggestions



Legislative Committee News —by Sheila Hanz

Reports of Fraud Relating to the Affordable Care Act

The Affordable Care Act brings provides opportunities and benefits for America's seniors. Unfortunately, new opportunities for beneficiaries also bring new opportunities for scam artists to try and defraud seniors. That's precisely why HHS is working with the Department of Justice to crack down on criminals who are trying to obtain personal information from seniors by promising

them rebate checks and other benefits under the law. Seniors should never give their Medicare ID number to anyone promising benefits or discounts under the new law.

More stolen money is being returned to taxpayers and health care fraud is being reduced at higher rates than before, according to the 2009 Health Care Fraud and Abuse Control (HCFAC) The results include \$2.51 billion deposited to the Medicare Trust Fund in fiscal

year 2009 –a \$569 million, or 29 percent, increase over FY 2008.

The Affordable Care Act strengthens government-wide efforts to fight fraud through tough new rules and sentences for criminals, enhanced screening and other enrollment requirements, and other new resources to fight fraud.

For the complete article and examples of fraudulent behavior, go to the government website: <http://www.healthreform.gov/fraud.html>.



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)

The summer weather is upon us - both the wonderful and the hot and humid!

This season there is a nasty virus making the rounds that has the medical professionals in our area concerned. It is typified by very high fevers that are just wiping people out. I urge you to wash your hands very frequently and use disinfectant wipes regularly. This is especially important whenever you touch things others have touched - doorknobs, shopping carts, etc. I carry disinfectant wipes (not antibacterial wipes) in my car at all times, and urge you to do the same. Safeguard your health!

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

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