



AARP Dulles Social Scene

Save the Date September 13, 2009!

June Meeting is a Hoedown Potluck!!!

Food to bring is anything you would have eaten or made to take to a church potluck when you were a kid. It's that kind of comfort food. The whole idea is to have a bit of fun and enjoy the nostalgia of our youth. A sign up sheet will be passed around at the May meeting. Don't hesitate to bring your own ideas to the party!"

Barbeque and drinks will be provided by the chapter. See Hospitality news below for suggestions on what to bring.

This meeting, only, will be at the Lake Anne Community Center in the Rose Gallery Room.

By— Sandi Wickham

Classic Car Show News 9/13/09

Committees are forming. 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.

Please contact me if you can help. Next meeting is June 9, 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
2008 Leadership Team	3
Legislative	3
Speakers	3
Membership	4
Community Service	2
Health	2

- May 21 Chapter meeting
- June 9 Car Show Meeting
- June 10 Board Meeting
- June 18 Hoedown
- July, Aug.-Summer Break

Community Service News – by Nancy Vollmer/Pat Bredthauer

Please bring items to our meeting Thursday, May 21, to stock Reston Interfaith's Food Pantry. The website www.restoninterfaith.org lists the following items as those most needed:

Most Needed Items:

- Cereal, Other Breakfast Items
- Jelly
- Macaroni and Cheese
- Children's Pasta (Chef Boyardee, etc.)
- Helper Meals (easy make)
- Boxed Mashed Potatoes
- Pasta Sauce
- Beans - all sorts (canned or dry)



Chapter Charitable Projects

- Canned Mixed Vegetables - regular or no salt (all sorts)
- Canned Peas
- Canned Meat or Fish (tuna, salmon, chicken, ham)

Thank you for continuing to support our monthly service projects.

The next W&OD Trail clean up will on Monday June 1st at 8:30AM.

June is W & OD trail clean-up month. We meet at the Discovery Bridge which is behind the skating rink at Reston Town Center. Please join us. It's feels great to help make Reston a nicer place to live. There will be a sign-up sheet passed around at our May meeting.

Health –Pat Williams of Graceful Care

Medical Screenings

Which health tests you can skip—and which can save your life?

So which tests are essential? Routine screenings recommended by the USPSTF (which is supported by the Department of Health and Human Services), such as mammograms and colonoscopies, are critical to spotting emerging health problems and heading off disasters—and the potential benefits

far outweigh whatever risks are involved.

But if those tests involve radiation, Arl Van Moore, M.D., president of the American College of Radiology, recommends these three steps:

Ask the right questions

Find out why your doctor is ordering a particular test, what the risks are, and if alternative diagnostic tools are available.

Keep an X-ray history

A simple notebook listing the date, type of scan, and location of the tests will do.

Don't double dose on tests

Even if earlier scans screened for ailments that are not now a problem, let your doctor know about them, too.

For full article go to:
<http://www.aarpmagazine.org/health/>
 Or call 866-888-3723

Birthday Corner– Sandi Wickham

May



1	Julia Scoville	17		
2		19	Siv Mott	
3	Elva Choudhury	27	Sybil Simpson	
9		30	Jane Lynch	
10	Barbara Berlage			
10				
16	Barbara Schell			

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

Recent economic events have increased the urgency of personal financial planning. **On May 21** a dialogue among Home Instead staffers will provide tips on inheritance discussions between you and your children. Named 40/70 after the typical ages such discussions occur, it will cover real and personal property and financial instruments owned by Virginia residents.

Those of you with or without hoedown experience, a lively rollicking dance, will want to whoop it up at the **June 18** meeting and smorgasbord. Bib overalls, jeans, gingham, bandanas, straw hats, and cowperson boots, while optional, are encouraged. Note that this program will be at the Reston Community Center's branch at Lake Anne in the Rose Gallery.

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**.

Legislative Committee News —by Sheila Hanz

WASHINGTON—AARP announced six specific elements that must be part of health reform, including closing the Medicare Part D coverage gap and ensuring 50- to 64-year-olds have access to affordable health care choices. AARP members and activists were the first to learn about the announcement when the organization posted its goals on its Government Watch website.

AARP's health reform campaign will

focus on six critical priorities:

1) Guaranteeing access to affordable coverage for Americans age 50-64;

2) Closing the Medicare Part D coverage gap or "doughnut hole";

3) Creating a Medicare transition benefit to help people safely return to their homes after a hospital stay and prevent costly hospital readmissions;

4) Increasing federal funding and eligibility for home and community based services through Medicaid so older

Americans can remain in their homes and avoid more costly institutions as they age;

5) Creating a pathway for the approval of generic versions of biologic drugs to reduce the price of these costly treatments; and

6) Improving the Medicare Savings Programs and the Part D Low Income Subsidy (LIS)



The power to make it better.

AARP
Dulles Area Chapter 4681
P.O. Box 8594
Reston, VA 20195
Phone: 571-435-8028
Fax: 703-471-3977
E-mail: president@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 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)

June Hoedown meeting only, will be at the Lake Anne Community Center in the Rose Gallery Room.

In an effort to keep up to date with the happenings in our large community, please let me know when one of our members is seriously ill, has moved or passed away - a card and an offer of help is always at hand. I don't always hear about these things until long after the fact. Just give me a call at 703-437-0862. I would appreciate you sharing the information.

Second dues notices were mailed earlier this month. If you did not receive one, then you should be fine (unless you moved in the last year or so and did not let us know!). Thanks to everyone who has paid."

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

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