



Newsletter of
Dulles Area Chapter #4681
Chapter Carfit Event October 1, 2009!



Welcome back, chapter members!

This is going to press before the Car show happens on Sept 13.

We are still looking for volunteers to work the silent auction and to hand out programs. Email brent@aarpdulles.org

If you can help.



In September and October we take nominations for the 2010 slate of officers and board members. We will vote on the candidates at the November meeting and install them at the December meeting.

My personal thanks go to Pat R, Pat B, Dave S, Janet C, Nancy V, Sheila H, Ron St.J, and Sandi Wickham who worked for months on the car show to make it happen You guys were incredible!

— Brent

Carfit Event Oct. 1 (we are co-sponsor)

Improve the **Comfort, Control and Safety** of your car!

Calling all older drivers! Register now for a free 12-point CarFit screening! In just 20 minutes you'll leave with car adjustment recommendations for safer driving. If you like, we'll also check your car fluids and tire pressure. Call now — [you must register](#) for an appointment. 703-324-5425.

Hospitality Committee News

— Pat Bredthauer

Thanks to those of you who signed up to bring "goodies" to enjoy after the meetings Please bring your finger snacks and plan to take the uneaten portions as you leave. That will help a lot with the clean-up. We need some-



one to take over this committee starting October and forward. If YOU don't volunteer there might not be any snacks in the future.

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- *Sept 13 Car Show*
- *Sept 17 Chapter Meeting*
- *October 1 CarFit*
- *Oct 2 NVAN Breakfast*
- *Oct 15 Chapter Meeting*

Our Chapter is a co-sponsor of the Carfit event on Oct 1, 2009.

We need volunteers to get trained 9:15 –11:15 in the classroom and 12:00-12:45 at the site, then to do fittings 1-4.

CarFit was created by the American Society of Aging and with the American Automobile Association, AARP **Dulles Area Chapter #4681 (AARPDulles.org)** and the American Occupational Therapy Association. It's supported by the Virginia Department for the Aging Grand Driver



Chapter Charitable Projects

Program.

Please email janet@aarpdulles.org or brent@aarpdulles.org if you can help.

Health –Pat Williams of Graceful Care

PHEW! OR FLU?

Well it looks like that crazy pandemic scare was just some mad scientist's idea! Or was it?

The answer is, we are dealing with an unknown.

Maria Leonard, the Pandemic Flu Educator for Fairfax County, raises her eyebrows and offers, "What if the H1N1 mutates when the weather changes and comes back

stronger?" "What if the bird flu combines with the swine flu and we can't stop it?" Our scientists want to think out of the box, cover all possibilities, and protect us!

Flu symptoms listed by the County are fever, dry cough, sore throat, runny nose, headache, muscle aches, extreme weakness and tiredness. We must seek medical help immediately if we experience chest pain, difficulty breathing or blue lips, vomiting, dehydration or and

dizziness when standing.

Our children and grandchildren are learning the best practices:

Let's remind ourselves in our mommy voices to sneeze into our sleeves or into tissues that we discard, to keep our hands away from our faces, and to wash our hands through two "Happy Birthdays" or one "Twinkle Twinkle Little Star."

Birthday Corner– Bob Serveiss

September



3	Karl Helft	23	Marie Webster		
6	Carol Oliver				
15	Gary Thieme				
21	Patricia Rhoads				
22	Evelyn Hamilton				

2009 Officers, Directors, and Committee Chairs -by Brent DeRobertis

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, Nancy Vollmer

Publicity, TBA

Legislative, Sheila Hanz

Social, TBA

Meeting Speaker/Entertainment News –by Dave Slater

The known schedule chosen by the AARP Program Committee:

- September 17 Steve Gurney, on senior assisted living experience although he's only 41-years-old.

- October 15 Sandi Wickham, Discussion and tasting of American Artisanal Cheeses

- November 19 Victoria Schall on legal aid services.

- December 17 holiday party hardy blowout organized by the Hospitality Committee.

- January 21 Michelle Thompson on identity theft.

Legislative Committee News —by Sheila Hanz

Northern Virginia Aging Network

(NVAN)

10th Annual Legislative Breakfast

Honoring Members of the General

Assembly and Candidates

Moderated by

Peggy Fox of Channel 9 News

Featured Speaker

Dr. Howard Frumkin, Director, National Center for Environmental Health Cen-

ters for Disease Control and Prevention

Friday, October 2, 2009

8:30 a.m. - 10:30 a.m.

Greenspring - Hunters Crossing Conference Center

7400 Spring Village Drive, Springfield, VA

Cosponsored by:

AARP Virginia, Greenspring Village

National Committee to Preserve Social Security and Medicare

ProAgingNetwork/Guide to Retirement Living

Virginia Association of Personal Care Assistants (VAPCA)

Virginia Federation, National Active and Retired Federal Employees (VFC, NARFE)

TLC for Long Term Care

\$20.00 * Breakfast Buffet and Pancake Bar

Questions:

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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



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.

VENUE

Chapter meetings for September 2009 through at least November 2009 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.

It sometimes seems that September is the real beginning of the year. After the slow-down of everything in the summer, it's time to get back into gear. The cooler weather and the beauty of the trees encourages long walks, bike rides or jogs along the pathways - anything to be outside enjoying the air. The time spent doing these activities gives us time for introspection; to plan the things we need to do as the year winds down; and to just get reacquainted with ourselves and the things that motivate us. Take this opportunity to enjoy this lovely season.

2010 Dues

Currently dues are \$10 a year. To beat any increase for next year, mail your check right away to the PO box listed above and mark your check 2010 dues.

Membership Guidelines

be age 50 or over

*be a member of the National AARP**

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