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Our Annual Joint Meeting with the Kerrs Creek Ruritan Club was held at New Monmouth Presbyterian Church on Tuesday evening beginning at 7:00 pm. Presiding were Skip Ravenhorst, President of the Lexington Rotary Club, and Roger Williamson, President of the Kerrs Creek Club. A very nice dinner was served: roast pork, mashed potatoes, macaroni and cheese, green beans, and homemade bread and butter. That was topped off with a delicious ice cream cake. Several members of the host club prepared the delicious meal.

Guest: Lynn was the guest of Partner Joe Williams. Our attendance: 15 Rotarians and 1 guest for a total of 16. Ruritan attendance was 29. Meeting held in the Fellowship Hall of the New Monmouth Church.

Announcements and Business:

1. On Wednesday, August 22 we will meet at the Country Club with the JayCees prior to the Community Festival. Regular meeting time at 6:00pm. Partners & potential guests are welcome.
2. The Rockbridge Community Festival is Saturday, August 25. **THIS IS A ALL-HANDS NEEDED event.** A sign-up sheet for the day was sent to all members earlier. Please sign-up for at least one assignment (two if possible) if you have not already done so. Expect a phone call if you fail to comply.
3. On Wednesday, August 29, we will meet our new District Governor at Glen Maury Park in Buena Vista. This is a joint meeting for Area 6 clubs (Lexington x 3; Buena Vista; Covington-Hot Springs; and Botetourt [formerly Buchanan]). Cost is \$18 per person. Fellowship 5:45-6:30 (no alcohol) with dinner at 6:30 pm. Casual dress as the event is outdoors. Partners & potential guests are welcome but President Betty should be notified beforehand.
4. Bill Dawson, husband of former member Latha Dawson, passed away recently. President Betty sent Latha a sympathy card from the club. There will be a memorial service on Saturday, August 18, at Lex Presbyterian at 1:00pm with a reception following in the Brady Chapel.

Program:

Laura Hotinger and Jerri Scharf, members of the host club, provided the program on the "Valley Program for Aging Services (VPAS)." They jointly provided some history of the organization and a brief overview of their services.

VPAS was established in 1974 as the local Area Agency on Aging, VPAS serves adults 60 years and older, and their families, in the Counties of Augusta, Bath, Highland, Rockbridge and Rockingham, and the Cities of Buena Vista, Harrisonburg, Lexington, Staunton and Waynesboro. Their mission is to empower those 60 years and older with the resources and opportunities they need to lead engaged lives. Their vision is to be the premier organization in the Central Shenandoah Valley for supporting successful aging in place.

Probably the best known of VPAS programs is Meals on Wheels and operation of local Senior Centers. For example, 22,000 meals were distributed last year. And just as important as the food, the social interaction provided by volunteers delivering meals is crucial to senior well being. And certainly, operation of local senior centers provides an essential social contact for many seniors. Medical and insurance counseling is just beginning.

If you are 60 or older, with limited income, having trouble getting healthy food, the new REACH program may be able to help. Low-income adults 60 or older who live in northern Rockbridge County could be eligible for a monthly delivery of shelf-stable healthy foods. Individuals should apply at either South River Volunteer Fire Department from 10am to 2pm on September 14 or at Rockbridge Baths Volunteer Fire Department from 10am to 2pm on September 15. This program is a community partnership of the Brownsburg Ruritan Club, the Blue Ridge Area Food Bank, and VPAS.

A variety of wellness programs are provided to assist with healthy aging, managing chronic conditions, and improving balance. Transportation to medical or other life necessary destinations is also provided.

VPAS has five regional offices: Augusta County-Staunton-Waynesboro, Bath County, Buena Vista-Lexington-Rockbridge County, Harrisonburg-Rockingham County, and Highland County.

VPAS is supported by federal, state and local governments, the United Ways of Greater Augusta, Harrisonburg-Rockingham, and Rockbridge, private foundations, and the generosity of our neighbors. VPAS is a 501(c)3 charitable corporation.

The Ultimate in Passing the Buck:

"My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you all responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."
(Source unknown.)

Future Programs & Activities:

- Aug 22: Joint Meeting with Jaycees; planning RCF**
- Aug 25: Rockbridge Community Festival**
- Aug 29: Joint Meeting with All Area 6 Clubs in BV**
- Sep 05: Club Assembly**

END