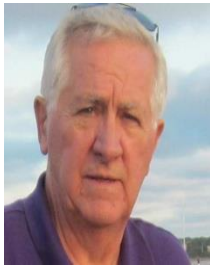


PERSPECTIVES

December 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

LOCUST GROVE AARP COMPLETES 21 YEARS OF SERVICE

It was a great year for Locust Grove



**Thanks
to Our
Volunteers!**

AARP and our members can be proud of their accomplishments. The chapter won the **AARP Virginia Chapter Award** for the second year in a row. The AARP Chapter Awards are meant to recognize the education, advocacy, and service work by highlighting the impacts on their community. In

addition, Locust Grove AARP Chapter 5239 won the LOWA Community Service Organization Award. This award is presented to the organization in recognition of their outstanding contributions to our Community.

This brings to a close my term as President of our chapter. I want to thank you for the opportunity to serve as President of Locust Grove AARP Chapter

5239 for the past two years. I am both humbled and honored to have served with a tremendous group of dedicated members/volunteers. So much was accomplished which could not have happened without your continued support and for this I thank you.

Locust Grove AARP Chapter 5239 will finish the year merrily at the annual Christmas Luncheon. A tremendous opportunity to share precious time socializing with our members. Also, this will be a tremendous opportunity to recognize several local charities who do so much for our community.

We have some challenges in front of us which must be solved by December 31. It's no secret that we must have someone step up and take on the opportunity to be our next President. This is a rewarding opportunity, so please give it some serious consideration. Again, I thank you for all your support!

"It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform."

DECEMBER CHRISTMAS LUNCHEON

By Larry Eiben



On Monday, December 16, Locust Grove AARP Chapter 5239 celebrates the holiday season with a potluck luncheon. We will

gather at the Community Center by 11 am. Please arrive with your dish by that time so that we may set up the food. **If your last name begins with A - O, please bring a main/side dish to share. If your last name begins with P - Z, please bring a dessert to share.**

We will be entertained by two of our own, Madeline and Alex Salustri will bring us some Christmas Joy. This event will mark the end of our 21st year of service to the Community and provide the opportunity to show our support to 17 local charities.

"Christmas is not as much about opening our presents as opening our hearts."

MEDICAL NEWS

By Sandle Frame

Evening Exercising

Exercising in the evening is unlikely to impair sleeping in most people unless they do it vigorously within the hour before bedtime, according to a recent analysis of 23 small studies published in *Sleep Medicine*. Sleep experts generally advise not exercising within a few hours of bedtime but the analysis, which included 275 healthy people (generally good sleepers.) found negative effects on sleep quality and quantity only when vigorous exercise was done within that hour before bedtime. In contrast, moderate evening exercise, even when done shortly before bedtime, had no adverse effects on sleep overall and, in fact, may have had some small benefits. Keep in mind that effects of exercise on sleep may vary from person to person, depending not only on their fitness level and sleep problems, if any, but also on the type of workout. Unfortunately, some older people may be more likely to be effected by evening exercise. Discuss this with your doctor.

Source: University of California, Berkeley, **Wellness Letter**, April 2012

This led to another article about people who have poor sleep. A night or two of poor sleep makes people more prone to anger than usual described in a small study published in *Journal of Experimental Psychology*. Researchers recruited 142 people, half of whom restricted their normal sleep routine by two to four hours for two nights averaging 4 ½ hours per night, while half maintained their usual amount of sleep. To measure changes in anger, participants were tested before and after the sleep manipulation by having to rate products while listening to varying levels of annoying background noise. In general, the more annoying the noise, the more anger the participants expressed, but the sleep restricted group became angrier and more frustrated at all levels of the noise than the normal sleep group. The researchers concluded that "while there are many reasons why sleep disruptions may be connected to anger and aggression, the present findings clearly point to sleep loss as an important causal factor in anger.

Source: University of California, Berkeley, **Wellness Letter**, May 2019

December BIRTHDAYS

By Pam Archer, Membership

Garry Archer, Judith Ayers
Karen Cakouros, Donna Crawley
Melinda Crocker, Timothy Edwards
Robert Haring, Jackie Hill
Mark Leach, Hank Lewis
Michael Montie, Ed Rowan
Gail Sauro, Diane Sibley
Joseph Wascalus, Elaine Witcher



by Joan Albertella

Get Well Cards sent to
Sandy Wemmerus
Ed Roessler

If you know of someone needing a card or note, contact Joan at jfa1041@comcast.net. Please include their address if you know it.

AARP Legislation Update **By Ed Bunting**

"Americans want lower prescription drug prices," Senator Chuck Grassley (R Iowa) who chairs the Senate Finance Committee commented recently, adding that support is growing in the senate for his Prescription Drug Pricing Reduction Act. However, he conceded winning passage won't be easy. Still the Congressional Budget Office (CBO) estimates his plan will save more than \$100 billion over ten years. In addition, it will save \$25 billion in out-of-pocket costs and \$6 billion in premiums for Medicare beneficiaries. Taxpayers will save \$85 billion in Medicare and \$15 billion in Medicaid, the CBO said. President Trump has endorsed the plan (but also supports House Speaker Pelosi's competing plan). Grassley's Reduction Act has also been endorsed by AARP and the CATO Institute, which advocates for free markets. The plan won bipartisan support in the Senate Finance Committee, but majority leader, Mitch McConnell, hasn't said if

or when he will call it up for a floor vote.

About two thirds of voters like the idea of a "public option" or Medicare buy-in, according to several national polls. In a November tracking poll, the Kaiser Family Foundation (KFF) found that 65 percent of the public favored the Medicare buy-in idea, compared with 53 percent who favor Medicare for all. Having asked the public about the plan four times since July, KFF found that large majorities of Democrats and Independents favored the "public option" by their November poll, as did 41 percent of Republicans. The Republican response was down from an unusual spike of 58 percent in October. Hopefully, we will hear more about M4A or the Medicare buy-in in the near future.

A new government program that takes money out of peoples' paychecks to promote retirement saving is gaining interest in state legislatures across the country - in part because it is "wildly popular" with voters. Oregon, Illinois and California have launched initiatives to create retirement savings accounts for residents whose employers do not offer company sponsored programs. The new programs are meant to address a growing percentage of Americans who aren't prepared for retirement. About a third of households headed by people over the age of 55 have no savings, according to data from the Federal Reserve. Meanwhile, Pete Buttigieg, the 37 year old mayor of South Bend, Indiana, noted on the presidential

trail, "I know I'm the young guy in the race but retirement is on my mind a lot." On November 25th, he released a 19 page document which is one of the most detailed retirement plans so far from a 2020 contender. Long-term care is at the plan's center with the South Bend's mayor proposing what amounts to a new government entitlement for certain eligible retirees. His proposal included changes to Social Security to make the program solvent for a longer period of time and increase it's benefits. And there's a new way to privately save for retirement that requires employers to help their workers save. Time for a new generation's thought and planning.

TOURS AND TRAVEL



PA Amish Lands

By Pierre Payette

Featuring Sight and Sounds presentation of "Queen Esther". **May 4 - 6, 2020, (3 days - 2 nights)**. This is a brand new stage presentation, set in the opulent yet perilous Persian Empire. Queen Esther is a captivating tale of beauty and bravery.

Includes 2 nights lodging, 2 breakfasts, 2 dinners (one at an Amish Homestead, and another at Shady Maple Smorgasborg).

Participate in a Chalk Talk presentation by artist Elva Hurst.

Guided tour of the Amish countryside including stops at Kitchen Kettle Village, Bird In Hand Farmers Market, an Amish farm featuring quilts and Amish crafts, and a bake shop.

Cost is \$425 per person, dble occupancy, (\$525 single), and includes motor coach transportation, luggage handling, taxes and gratuities for meals and motor coach driver, everything except your lunches and personal purchases. **\$25 per person refundable deposit required at sign-up.**

SAVE THE DATE: May 4 - 6, 2020. Bus will depart from Lake of the Woods, and Gordon Road commuter lot.

Please call Pierre at (540)-972-0519 (leave msg) or email at pierre114@verizon.net

Flyers are available, and posted on the AARP 5329 website under "downloads".

**Baltimore's Christkindelmarket
December 12, 2019**

By Pierre Payette

There are 2 full buses for this trip. There are also a few people on the wait list. Shortly, those of you who are on the trip, will receive an email which will assign you to one of the buses. Every effort has been made to keep groups together on the same bus. There is not a lot of flexibility, as both buses are full. You will also receive further information regarding departure, postponements, or even cancellation if necessary. Pierre



**Lake of the Woods
Volunteer Fire & Rescue Company**

By John P Farrell Jr.,
Volunteer Firefighter

As we close the door on Thanksgiving and head into the Christmas holiday season, your Lake of the Woods Volunteer Fire & Rescue Company wants to remind everyone that, “The threat of fires during the winter is real.”

Some winter fire statistics:

- 890 people die and \$2 billion in property loss occurs each year from winter home fires.
- Winter home fires account for only 8 percent of the total number of fires in the U.S. but result in 30 percent of all fire deaths.
- Cooking is the leading cause of all winter home fires with 5 p.m. to 8 p.m. is the most common time for winter home fires.

During the winter months, we tend to spend more time at home with our family and loved ones, so what better way to protect them than by making sure your home is protected from any fire hazards. Heating, holiday decorations, winter storms and candles all contribute to an increased risk of fire during the winter months. Let’s stay safe this winter by practicing some winter fire safety tips.

- Have Your Furnace Checked
 - It’s always better to know when something is not working properly

than to have it abruptly break down in those cold winter months when you need heat the most.

- Check Your Chimneys and Vents
 - Fireplaces can produce creosote which has the capability of igniting. If your family lights the fireplace often, you should have an annual chimney inspection to make sure that there are no hazards capable of starting a fire.
- Test Your Smoke Alarms and Carbon Monoxide Alarms
 - You always want to double check that your alarms are working, that batteries are fresh and will last you through the winter. Always place smoke alarms in the kitchen, bedrooms, and the laundry room.
- Always Cover Your Fireplace with A Screen
 - Either a metal screen or tempered glass will suffice to protect any sparks from leaving the fireplace.
- Beware of Lit Candles
 - Only light candles when you are alert and able to watch them, blowing them out whenever you intend to leave the room.
- Beware of Space Heaters

- These devices require a good amount of space to be used without any fire hazards. Avoid placing heaters near curtains, tablecloths or other flapping fabrics. Always make sure your space heater has an automatic shut off switch, which forces the heater to shut-off as soon as it reaches a dangerously high heat level.

Finally, as part of good community risk reduction, each household should have a fire emergency plan that is practiced by all residents in the home. This practice should include fire drills at least twice a year. Your local volunteers are looking for community partners, such as yourselves, to help spread the word and reduce the risk to winter fires. Can you help us?

**NOVEMBER 18, 2019
HIGHLIGHTS OF GENERAL
MEETING**

By Lea Lebar

Guest Speaker Bill Ruark, Program Co-Chair, introduced our guest speaker, Jessica Canada, administrator of Memory Lane Home HealthCare Agency. She is a certified Medical Technician and CNA.

The Agency, located in Fredericksburg, specializes in dementia and Alzheimer's but also provides in-home companionship and personal

care. Some of the in-home services are shopping errands, light housekeeping, regular visits, 24-hour care. Some of the personal care provided is bathing, eating assistance, walking and mobility assistance.

The staff is highly trained, screened and credentialed healthcare professionals and dementia and Alzheimers certified.

An RN staff member will give free in-home consultation.

If interested phone Heidi Jackson, Community Relations at 540-779-0529 (Office) or email HJacksonMLHH@gmail.com

Insurance Agent Sharon Accardo, an independent health insurance agent with the Innovative Insurance Group in Orange County, introduced the Mary Washington Healthcare Medicare Advantage plan for 2020.

She can provide the literature, enrollment kit and answer any questions regarding this plan. For more information, phone Sharon at 540-293-0534 (Mobile), 540-613-8817 (Office) or by email at sharon@thinkinnovative.net.

Membership Pam Archer announced 5 new members joined at this meeting. To date, AARP Chapter 5239's membership is 243. Our chapter has the largest membership in the State of Virginia.

AARP 5239
 P.O. Box 945
 Locust Grove, VA 22508

www.aarp5239.org

This Month's Meeting: December 18, 2019

Community Center Luncheon 11:30AM

Next Month's Meeting: January 16, 2020

Community Center 9:30AM



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryjeiben@gmail.com
Vice President	Peggy Powell	103 Tall Pines Trail	703-622-5401	Pegpowl@aol.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Dick Durphy	1105 Eastover Parkway	540-972-3306	dickd9@msn.com

DIRECTORS

Director	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerrynjudy@gmail.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Past President	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	dolph1nlvr@msn.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryjeiben@gmail.com
Driver Safety Class	Elaine Cook		703-309-4810	Fidelisec@yahoo.com
Email	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Food Pantry Liaison				
Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com
LOW Name Tags	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Perspectives	Peggy Powell	103 Tall Pines Avenue	703-622-5401	pegpowl@aol.com
Photographer	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
Program Co-Chair	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
Program Co-Chair	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Public Relations	Madeline Salustri	202 Cornwallis Avenue	540-412-2950	madalsal@comcast.net
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills Road	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com