

PERSPECTIVES

March 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org

PRESIDENT'S LETTER



By Larry Eiben

Sunshine and Smiling is a Welcome Thing!

WOW, can you believe we are now in March. The weather has been somewhat confusing because we don't know what tomorrow will bring. One day we hit 80 degrees and then overnight we are back in the thirties. Don't know if you will suffer the same fate as me but many of our plants started to bloom and then were hit by a frost. Seems sad that we may not have the beautiful blossoms this year because of the screwy weather patterns. Anyway, March normally presents us with an average maximum daytime temperature at a comfortable 59 Degrees. There are usually 7 hours of bright sunshine each day, which represents 62% of the 12 hours of daylight. Let's hope these facts are accurate!

Recently I had conversations with two groups who are

committed to seniors and provide many programs that benefit seniors. The two groups are "**Aging Together**" and "**Rappahannock-Rapidan Community Services**". I was very impressed with both organizations and asked Tina and Vi to contact them about the possibility of presenting their organizations to our members. Outlined below is a little of the information I learned while speaking with them:

AGING TOGETHER's vision is that the needs and preferences of older adults will be recognized and honored as our region creates livable communities for all ages. We want all citizens aging together to enjoy a life-long sense of place and community, to be able to contribute to their community and when needed to have access to diverse support from family, friends, helping organizations and a responsive local government.

"RAPPAHANNOCK-RAPIDAN COMMUNITY SERVICES" vision is to improve the quality of life of citizens by providing comprehensive behavioral health, developmental disability, substance disorder, and aging services. RRCS strives to accomplish their goals by offering an array of services in our local communities.

I think we can learn a lot from these two groups and I invited them to join us at some of our meetings. They will also send me information that hopefully, will be of value to many of our members.

I leave you with this quote *“What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life’s pathway, the good they do is inconceivable.”* Keep smiling, it benefits everyone!

MARCH MEETING

Program at AARP 5239

By Violet Liberti, Program Chair



RANDY JAMES

On March 19th, our guest speaker will be Randy James, CEO and Founder of the Paul Stefan Foundation, a non-profit organization which he founded 12 years ago to help our community by providing homes for homeless women who are in need for themselves and their new babies. Mr. James will explain how the Foundation began, what it does, and why what they offer is important to the women and children it serves.

Their mission is “Saving babies, one mom at a time.”

Our program will begin at 10:00AM in the Great Hall of the Clubhouse, but from 9:30am until 10:00, you will find coffee and treats, and a silent auction of gently used treasures.



Our second “Time For Recognition” recipient is Pierre Payette. Pierre started setting up Tours & Travel for our members in 2005 working with two other volunteers. Since that time he has been the leader in Tours & Travel, often working by himself, to make the best trips possible with something for all to enjoy. For 12 years he has been “A” and sometime “The” Travel Coordinator/ Leader. When you dig deeper into the workload of our Travel Coordinator, you learn their responsibilities include making various travel arrangements such as transport, accommodations, meals and many other things that we as travelers take for granted. Thank you Pierre for your service to our chapter.

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A third recipient of the “Time for Recognition” program is Harvey Miller. Harvey is a long time member of Locust Grove AARP Chapter 5239 and Lake of the Woods Church where he devoted a large amount of time to the service of others. Harvey led the Nationals Baseball Trips for many years before passing the torch to John Trach, Dave Kraus & Nick Duy. Harvey is going back to New York, which is his home, so on behalf of Locust Grove AARP Chapter 5239, we want to thank him for his exemplary service and wish him well.

MEDICAL NEWS

By Sandi Frame

CDC Panel Recommends a New Shingles Vaccine

The FDA (Food and Drug Administration) has announced approval for a new vaccine for Shingles called Shingrix. A few days later and in a close vote, an advisory panel in the Center for Disease Control and Prevention I (CDC) has recommended the use of this new vaccine for adults ages 50 and older. The older vaccine, Zostavax, is considered less effective. Even with the CDC's panel's vote, this recommendation still awaits formal endorsement by the head of the CDC, which usually takes a couple of months.

The Advisory Committee on Immunization Practices also recommended that adults who have received the older vaccine get the new one. According to the CDC, almost one of every three people in the United States will contract shingles, also known as herpes zoster, a viral infection that can result in a very painful rash and lasting nerve damage. Shingles can range in severity from barely noticeable to debilitating. It is caused by the varicella zoster virus, which also causes chickenpox. Shingrix is not recommended for the prevention of chickenpox.

Once a person has chickenpox, the virus lies inactive in nerve tissue. Years later, it may reactivate as shingles and can cause strokes, loss of vision and other complications in its worse form. Unfortunately, the Zostavax vaccine had shown only a 51% reduction in shingles and a 67% reduction in nerve pain. The effectiveness of Zostavax also was noted to declines over a ten year period and was even less effective in those over 70.

Shingrix is given in two doses and the company said clinical trials showed it to

be about 98% effective for one year and about 85% over three years. Because of its better protection, the vaccine is being recommended even for the 20 million who received the older vaccine. The vaccine is recommended for those over age 50 and trials show that the effective lasts in those over age 70, those at greatest risk.

While Shingrix is very safe, it is more likely to cause short-term adverse reactions – including soreness at the injection site, flu-like symptoms, and muscle aches. The vaccine is administered in two doses, the second two to six months after the initial dose. The shingles vaccine is not covered by Medicare part A or part but rather by the Medicare drug plan (Part D). For those without drug coverage the cost for the two shots is about \$280.

Sources: Article from the New York Time's February 23, 2018 newspaper, plus information from the CDC and FDA.

DUES, DUES, DUES ARE DUE !!!!

Don't forget your dues for 2018, now ONLY \$10.00!

See Dick Durphy at the Treasurers Table at any meeting or mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508

OC ANIMAL SHELTER



The OC Animal Shelter needs the following items: towels, blankets, canned cat and dog food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes

March Birthdays



Donna Bentz, Francis Buttimer
Joann Buttimer, Peter Cassese
Katherine Causby, Connie Connon
Arlene DeSimone, Allita Edwards
Jeanette Embrey, Norma Ervin
Joan Greene, Peggy Grella
Thomas Hamilton, Joyce Haring
Mary Hartzel, Candice Hovanetz
Betty Hughes, Marianne Kraus
John Lacey, Bill Lanier
Violet Liberti, Jean Molinari
Sharon Montie, Bud Moody
Pam Nalls, Joe Nolan,
Shirley Pfile, Phyllis Pulice,
Anthony Quattromani,
Betty Scheuermann,
Stephanie Sloan, Gail Stoner,
David Witmer, Gerald Young

SUNSHINE REPORT
by Joan Albertella



Get well cards were sent to Jerry Schrage, Alice Clune, and Ed Kessler.

Thinking of you card sent to Jack and Marion Doherty

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



THE LIONS FOOD PANTRY
By Norma Ervin
Chairman Food Drive

Thank you for your support for our Food Pantry Collections each month. The Wilderness Food Pantry appreciates our help but most of all the people [clients] that receive are very grateful. Canned fruit is in short supply and is enjoyed by all age groups. All types of boxed dinners are always needed. Please be generous in bringing items to our March meeting. If you wish to donate money that is always needed and checks should be written to Wilderness Food Bank with AARP on the memo line.



Silent Auction:
By Karen Kovarik
Chairman

SILENT AUCTION WINS AGAIN!

Our auction raised \$72, the 50-50 \$63. Still the \$135 total isn't on pace to support our community's many worthy causes. I anticipate our auction will come to an end this June to be replaced by more lucrative projects. So, the time is now to dig out those treasures you have been saving for a rainy day. Call me to arrange pick up or delivery. (972-7866)

TRIPS AND TOURS



Payments have been sent in for the **Amish country trip** from Monday, April 9 - Wednesday, April 11, (3 days, 2 nights). Detailed itinerary is being worked on.

Opryland Country Christmas. Put the dates on your 2018 calendar. Sunday, December 2 –Wednesday December 5. Please keep this trip in mind when you are planning your travel. Nashville, Tennessee. 4 days – 3 nights, with a 2 nights stay at the Gaylord Opryland Resort Hotel. (Southern Living magazine recently named the Gaylord Opryland Hotel the #1 resort in the South). Includes a Country Christmas Show, and either a Broadway-style performance at the Grand Ole Opry House, or Grand Ole Opry at the Ryman Auditorium. Several people have already shown interest, and have asked Pierre to put them on the list. This trip is expected to sell out. More details will be available soon. Price will be in the neighborhood of \$700 per person (double occupancy), and \$1050 per person (single occupancy). The difference is due mainly because of the cost of the hotel room.

The Travel Committee is seeking someone who is willing to organize and plan all aspects of a trip,

following up to ensure all plans are fulfilled. This means organizing and planning the trip, advertise and promote the trip, collect and disburse all funds (through the Treasurer), and follow up to ensure that all aspects are covered. This includes leading and escorting the trip. Pierre is willing to help you get started.

**See the Nationals Play Ball!
Baseball Trip June 9, 2018**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, June 9, and the opponent is the San Francisco Giants. The game starts at 12:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 9:15.

The trip is open to the entire LOW community. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. Your reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment. Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Mail or give your checks to John Trach (104 Constitution Dr.), Nick Duy (606 Cornwallis Ave.), or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)). World Series or bust!

Tours and Travel Bus Trip
By Barbara Ehlen

Virginia International Tattoo
A Tribute to Veterans
Norfolk, VA
Sunday, April 29, 2018

This amazing special event exhibits the mighty sounds of military marching bands, bag pipes, and drill teams and performers from the U.S. and around the world. One of the top 20 events in Virginia. Come join us to honor our military.

Price: Prime Seats \$104.00
Mid Level Seats \$95.00
Upper Level Seats \$85.00

Full payment is due to confirm best seats
Deadline: March 30, 2018
Refund/Cancellation: within 14 days

Make checks payable to:
Ship to Shore Tours

Bus departs lower level parking lot of
Lake of the Woods at 8:30AM Returns at
7:30 PM

Note: includes some walking and stairs

For more information:
Contact Barbara Ehlen
Ship to Shore Tours
(540) 972-4651 or
Email: wisecruiser@hotmail.com



2018 FIRE AND RESCUE
PHONEBOOK UPDATES

We are in the process of getting the phonebook ready for distribution on July 4th. Please e-mail your information to dickd9@msn.com or call Carolyn or Dick Durphy at 972-3306.

If you would like to include an ad in the yellow pages, please contact Wyatt Gosnell at 972-2708

GENERAL MEETING
February 19, 2018
HIGHLIGHTS OF MEETING

Guest Speaker Melanie Johnson and Rachel Carder were introduced by Tina Aris as guests speakers at the meeting. They both work for the Fredericksburg Area Museum Cultural Center. Melanie is Senior Development and Marketing Officer and Rachel is Outreach Coordinator and Collections Assistant. They spoke on current programs and opportunities for involvement at the museum.

One of the exhibits on display is the traveling Smithsonian's Water/Ways exhibit which shows the importance of water in the world. The dates for this exhibit are January 27 through March 11, 2018.

Other programs feature community involvement in Fredericksburg's history. Permanent and rotating collections are on display.

Volunteers are always needed to help with special events, greeting visitors and providing them with information during

their visits, cataloging, researching and maintaining the collections and help design and fulfill educational programs.

To obtain information regarding membership, admission rates or museum hours go to www.farnva.org.

Standing Rules Paragraph 18, last sentence. Proposal to change, "the President has the authority to nominate an individual," to "the President has the authority to appoint an individual." A motion was made and seconded to change the wording. Motion passed.

Membership Fees In order to generate more money towards donations, a proposal was made to increase the membership fees to \$10 a year. A motion was made and seconded. Motion passed.

Directors Norma Ervin will fill the vacant Director position.

Membership Ralph Scheuermann is now in charge of the Membership. He reported three new members joined at this meeting

Tours/Travel Skip Poole brought a poster and brochures to the meeting describing the fundraising "Christmas Markets on the Rhine" river cruise. The cruise begins in Basel, Switzerland on December 8, 2019 and ends in Amsterdam, The Netherlands on December 15, 2019. If interested contact Skip at 540-9727354 or email to: poole123l8g@comcast.net.

July Parade Stan Lasover is requesting volunteers to donate 4-5 hours on July 7 for the annual parade.

Veterans' Club Dan Greene, President of the Veterans' Club, is looking for more women veterans to join the club.

Chicken BBQ Urgent Need. A committee of 4-5 people are needed to be in charge of the chicken BBQ.



WOODS CARES
Submitted by Jeanette Embry

I have been in touch with Jenny Zamora at the local **Meals on Wheels**. She has indicated that they are able to supply meals to people that meet the following requirements.

They must be homebound and cannot get out regularly to purchase food, but can go to appointments, etc. if someone takes them.

They do not have help in the home.

There is no charge, but donations are accepted.

Jenny may be reached at 825-3100, ext. 3450



AARP Foundation
Free Tax Preparation Service

The AARP Foundation is offering free tax service in the lower level of the Lake of the Woods Clubhouse. The service is available on Fridays and Saturdays until April 14, 2018. Call 540-268-8837 to make an appointment.

AARP ACCOUNT BALANCES

Checking

January 31	\$ 3,978.26
Income	\$12,514.05
Expenses	<u>\$12,710.00</u>

Checking February 28 \$ 3,782.31

Petty Cash \$ 114.00

AARP Savings \$ 1,097.16

TOTAL FUNDS \$ 4,993.47

AARP Chapter 5239 Income/Expense by Category

1/1/2018 through 2/28/2018

Category	1/1/2018- 1/31/2018	2/1/2018- 2/28/2018	OVERALL TOTAL
INCOME			
50-50 Raffle	62.00	63.00	125.00
AARP Savings Interest	0.09	0.08	0.17
Auction	0.00	72.00	72.00
Chapter Dues	563.00	174.00	737.00
Coffee Fund	27.00	24.05	51.05
Name Badges	12.00	0.00	12.00
Other-Misc	50.00	0.00	50.00
Tours & Trips	1,571.00	12,181.00	13,752.00
TOTAL INCOME	2,285.09	12,514.13	14,799.22
EXPENSES			
Uncategorized	0.00	0.00	0.00
Administrative	11.39	0.00	11.39
Name Badges Expenses	15.80	0.00	15.80
Other-Misc Expenses	0.00	15.00	15.00
Tours & Trips Expense	1,150.00	12,695.00	13,845.00
TOTAL EXPENSES	1,177.19	12,710.00	13,887.19
OVERALL TOTAL	1,107.90	-195.87	912.03

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

www.aarp5239.org

This Month's Meeting: February 19, 2018
Great Hall, Clubhouse, 9:30 am

Next Month's Meeting: March 19, 2018
Great Hall Clubhouse, 9:30 am



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryeiben@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	Joyce Bowers	323 Yorktown Boulevard	540-972-9325	Bjbower1@verizon.net
Director	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
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	larryeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Parkway	540-208-1914	driversafetyclass@gmail.com
Email	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Food Pantry Liaison	Norma Ervin	1313 Eastover Pkwy	540-972-0652	normaervin@verizon.net
Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Tony Quattromani	110 Wakefield Drive	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carolyn Durpny	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame Ralph	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Scheuermann	110 Larkspur Lane	540-972-7118	picaplus@comcast.net
Perspectives	Peggy Powell	103 Tall Pines Trail	703-622-5401	pegpowl@aol.com
Program Chair	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.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
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tax Aid Program	Lew Sherman		540-972-5339	
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