



PERSPECTIVES – MARCH 2024

President's Letter – Garry Archer

With February behind us we can look forward to better weather and flowers popping up everywhere.

And while February is now in the rearview mirror, I would like to take a moment to thank Bill for the speaker last month. She was a professional Declutterer, and she brought out many good points regarding downsizing and simplifying. The meeting was very well attended and we had a lot of good questions being asked.

As always, I do thank Ann and Rani for organizing the snacks and for Dave and Maryanne Kraus for the coffee and early set-up.

We also can look forward to our March speaker from LOWLINC. These folks provide a service for our Lake of the Woods residents that would be difficult to reproduce anywhere else. Please do remember we do have a social time from 9:30 to 10:00 so feel free to introduce yourself to someone new and enjoy the coffee and light refreshments.

Lots of Dates to Remember this Month -

1. Sunday, March 10th is the beginning of Daylight Savings time. Don't forget to set your clocks ahead.
2. It is also the start of Ramadan that begins at sundown.
3. St. Patrick's Day is on Sunday, the 24th along with Palm Sunday.
4. Good Friday on Friday, the 29th.
5. Easter Sunday on the 31th.

Orange County Sheriff's Office Triad Program – Keeping Seniors Safe - Beth Drabant

Registration is now open for this year's Senior Crime Prevention and Safety Conference, presented by the Orange County Sheriff's Office Triad Program, on Tuesday, April 16, 2024 from 9 a.m. – 3 p.m. at the Lake of the Woods Church.

This annual event features speakers on important issues that impact seniors plus resource tables with information about a variety of programs and services for seniors.

Light breakfast refreshments, lunch, and door prizes are also included. The conference is FREE but REGISTRATION IS REQUIRED.

You can register by contacting Loretta Hernandez by email at lwhernandez41@gmail.com or by phone at 540-661-6156. Email is preferred if you have access to it. Please register no later than Wednesday, April 3, 2024.

Come Meet Our New Neighbor - Karen Kovarik



On Monday, March 18th Jeanne Comeau, Executive Director of LOWLINC will be our guest speaker.

New Neighbor? LOWLINC has been here less than 10 years, and so is comparatively a newcomer. AARP's motto is "We Serve" and like many other organizations here at Lake of the Woods we also serve the wider community. LOWLINC has a narrower focus, seniors here at the lake, and the goal is to assist us in living in our own homes. (Disclaimer: I am one of the 155 seniors benefiting from those services.) The variety of services is amazing, ranging from taxi to medical appointments, handyman repairs, and computer assistance to social and educational outings. The monthly calendar of activities is overwhelming, but let Jeanne share the range of offerings with you. Yes, there is an annual fee, but the safety net LOWLINC provides makes it worth considering.

TOURS AND TRAVEL – Pierre Payette

There are 41 people are signed up and paid for the trip to **Sight and Sound** departing on April 30. Six others (three couples) missed out by waiting too long to sign up. Deadlines are a real thing. The trip will generate about \$1000 toward the Chapter's charitable contributions.



Put the trip to Montreal, from Dec 1st - 6th, on your calendars. A \$25 deposit per person, will reserve your spot, and put your name on the trip email list. I will have flyers available at the March meeting. Valid passports are required.

Sunshine Report – Carolyn Durphy



A sympathy card was sent to Stephen Cakouros and family on the loss of his wife Karen. Send me the names of any people that you know of that may need a card.

Epidermoid Cysts – Sandie Frame

Epidermoid (or also called epidermal) cysts are bumps under the skin's surface that are sometimes inflamed and painful. They form when skin cells shed and collect under the skin instead of sluffing off. As they grow, they fill with keratin – a protein material. Although they can look red or dark, these cysts are usually not infected. Although you might be tempted to squeeze the cyst or drain it on your own, do not. The cyst can rupture and be harder to treat in the long term.

Epidermal cysts do not go away on their own, but they may become smaller over time, even without treatment. However, if your cyst grows, ruptures, becomes painful or appears infected, have it checked by your healthcare team. The most effective treatment for inflamed cysts is to first allow the inflammation to calm down, and then remove the cyst wall and its contents.

Surgical removal of the cyst involves making an incision and then releasing the cyst and cyst wall from surrounding tissue. Your skin may then be stitched shut. A medical professional will first inject a local anesthetic to numb the area and make sure you are comfortable. The removed tissue might be sent to a lab to make sure it is not cancerous.

After the procedure, you may have restrictions such as avoiding strenuous activity until the stitches are removed or until the incision has healed. Surgical removal typically cures the cyst. But if the cyst ruptures or is drained without completely removing the cyst wall, part of the cyst may remain, and the cyst may come back.

As an alternative to surgical removal, injecting a steroid directly into the skin over the cyst can sometimes reduce inflammation and provide relief. Antibiotics usually are not needed unless an active infection is confirmed. Very rarely, an incisions and drainage may be performed to relieve pressure in the short term but this will not remove the cyst wall.

March Birthdays – Pam Archer

Cheery Birthday Wishes to the following members celebrating March birthdays: Carol Donoho, Peggy Grella, Joyce Haring, Alita Irby, Marianne Kraus, Bill Lanier, Gary Sibley, Susan Trunzo, Lisa Varouxis, and Virginia Wright.



April 20th Shred Day

The Licata Group will once again be holding a Community Shred Day on Saturday, April 20th from 11 AM – 2 PM at their office parking lot (Food Lion Shopping Center). Donations are encouraged but not required, with all proceeds going to the Lake of the Woods Fire and Rescue.

Fire Escape will feature an on-site food truck offering an assortment of burgers and sides, complemented by Rita's Truck serving up their renowned custard delights. Plus, our local animal shelter will be joining the event!

Tax Aide – Pam Archer



There is still time to make an appointment with the LOW AARP Tax-Aide site to assist you with e-filing Federal/Virginia tax returns for Tax Year 2023. Our site this year is at the LOW Community Center and appointments can be made for Fridays and Saturdays 9:30 am – 1:30 pm through April 13th. Be sure to pick up your packet at the Wilderness Library and then call 540-318-0345 when your packet information is complete.

