

PERSPECTIVES

MAY 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

Proudly Serving for 21 Years By Larry Eiben



Our chapter has been proudly serving the local community for 21 years. In our "Code of Conduct" it states that our business decisions and actions are designed to benefit the community. What this means to me is that we must continue the great work of supporting the community and the respective charities. We can't be lulled to sleep thinking we are only a social club who enjoy monthly meetings but ignore our ultimate goals.

I realize the problem because a report recently released by the Bureau of Labor Statistics revealed that volunteerism in America is at a 10-year low. However, the problem isn't because of the greying of America, since the only age cohort with an increase in volunteering was the over 60 group. Kudos to the seniors who continue to support our communities/charities.

In a previous article I talked about Pareto's Principle which basically explained the 80/20 rule. While this principle can be used for multiple situation's, we normally state that 20% of the people do 80% of the work. We have survived as a club for 21 years under this principle but are now faced with the difficulty of filling some committees.

I will be reviewing our committees with the BOD in May with the intent of eliminating some committees for lack of support. We can't continue to operate successfully without our members sharing some of this responsibility. Please, we need your help and I promise you that none of our committees are so time consuming that they become a burden. If you want to learn more about the committee's you can visit our website or contact one of our Directors. I will post more information on the committees in the very near future.

I leave you with this; **"Obstacles are those frightening things that become visible when we take our eyes off our goals."**



MAY MEETING

Program at AARP 5239

by Madeline Salustri,
Publicity Chair AARP 5239

Can't Hear on the Phone? Come to AARP for Help!

AARP 5239 is excited to introduce a cutting edge technology that aims to aid Seniors. At our May 20 meeting, Rupali Dewan, Business Development Manager & Title IV ADA Specialist for Capital Phone Company, will educate Seniors about their Civil Right to participate in a federally funded program. Ms Dewan has held her current position for three years. She will speak about the **Caption Phone**, which is funded by the FCC (Federal Communications System). The main points of her presentation will be:

1. Explanation of the help available for those who have hearing issues on the phone.
2. Demonstration of a phone device that will help that problem in unique ways. It will amplify the voice calling and will save that communication so that you may read it as it is spoken as well as recall it to read afterward.
3. Discussion of how you may qualify for one of these phones.

So join us on Monday May 20 at 9:30 am for breakfast snacks and fellowship. The informative meeting will begin at 10am. For more information call Larry Eiben at 340 972 1847.

LOW 2019 TELEPHONE BOOK

By Carolyn Durphy

A reminder that Dick & Carolyn Durphy are getting the 2019 book ready for sale at the July 4th celebration on the Clubhouse Point. Please send us any of your changes or deletions. Also, if you have any new neighbors, have them e-mail us their information.

Please e-mail all information to dickd9@msn.com at your earliest convenience.



By Norma Ervin
Food Collections

THE LIONS FOOD PANTRY

Please remember that we should be generous in our food collection at our May meeting and throughout the summer. School will soon be over and families will have to provide more meals for their children. Schools provide meals for many and that will not be available. Cereal is always a needed item as well as canned pasta. Canned green beans and corn are available from the Food Bank in town so the pantry is well stocked with those two vegetables. Canned fruit, vegetables such as peas, carrots and mixed vegetables and pork and beans are welcome by the clients. Boxed dinners and canned meats are always needed. Our local Wilderness Food Pantry serves many families who need assistance with meals. If you wish to donate money, cash will be collected or checks which should

be written to AARP Chapter 5239 with Wilderness Food Pantry on the memo line. This is a change from how we have asked for checks in the past for the Food Pantry. Thank you for all your support for our community members who need assistance.

MEDICAL NEWS

By Sandle Frame

Prevent Foodborne Illness

Ever wonder how old that milk is in your refrigerator? Are those leftovers still safe to eat?

Erring on the side of caution, you discard them given the 48 thousand people suffer foodborne illness each year. Knowing how to store food and when to throw it out, you can prevent these illnesses plus educate ourselves so we might avoid waste.

Interpreting Labelling Dates:

- **Best if used by or before:** This date refers to when a product will have its maximum quality and flavor and is not a safety or purchase date.
- **Use by:** This is the last date that a product will have the peak quality, but it is not a safety date except when used on infant formula.
- **Sell by:** This date informs the retailer about how long to display a product for sale, but is also not a safety date.

You can consume a lot of foods beyond the sell by date and they are fine. It's a quality issue, not a safety issue. Unfortunately, you can't always tell by looks. A good indication is smell. If there is a rotten smell or you notice curdling in dairy products throw it out.

Many times foodborne illnesses result from improper food storage. If you bring

home food from a cookout, perishable items from the grocers or leftovers from dining out, refrigerate items within one hour in the summer. Properly stored items are generally safe to consume within two to three days. Beyond this, they should be frozen. The USDA notes that frozen foods constantly stored at 0 degrees F or below, can be kept indefinitely although they may suffer from freezer burn.

What you can do to help prevent food borne illness:

- **Clean:** Wash your hands with warm, soapy water for at least 20 seconds before you begin preparing food. Wash your dishes, cutting boards or other food preparation surfaces with hot, soapy water. Wash fruits and vegetables thoroughly under running water, and dry them with a paper towel
- **Separate:** Keep raw meat, poultry, eggs, and seafood separate from other foods in your refrigerator, shopping cart, and where you prepare your food. Don't use the same cutting board and utensils to prepare meats, seafood, and eggs as your use for produce.
- **Cook:** Heat foods to a temperature high enough to kill bacteria, and use a food thermometer to measure the temperature. Cook steaks, chops and roasts to at least 145F, ground meats to at least 160F and poultry to at least 165F. Also, use a warmer slow cooker, or chafing dish to keep foods hot (at least 140F).
- **Chill:** Refrigerate or freeze perishable foods within two hours (one hour in the summer). Chill leftovers within two hours. Keep your refrigerator between 32F and 40F and your freezer to 0F or below.

Source: **Women's Health Reporter**
Volume 20/Number 4, April 2019



by Joan Albertella

Get -Well card was sent to Bonnie Rowan

Thinking of you card sent to John Trach

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

MAY BIRTHDAYS

By Pam Archer, Membership



Patricia Batten, Ed Bunting
Diana Calegari, Philip Carmona
Carlton Chadwick, Sally Denton
Larry Eiben, Vicky Fleming
Reggie Gavett, Alice Grgas
Clive Loudon, Jim MacIntosh
Rani Manhard, Dean Munsell
Linda Ogletree, Pierre Payette
Patti Pfeifer, Deborah Raines
Edwin Roessler, Kathleen Saladino
David Schubert, Robert Spencer
Linda Ticomb, Diane Welborn

2019 AARP CHAPTER 5239 DUES

If you haven't paid your annual dues of \$10, you can pay your dues at the Monthly Chapter Meeting by visiting the desk of our Treasurer, Mr. Dick Durphy. Another option would be to mail in your check for \$10 to the following address:

AARP CHAPTER 5239
P. O. BOX 945
LOCUST GROVE, VA 22508



VIN Etching Program

By Judy Schrage

As part of its ongoing effort to Help Eliminate Auto Theft (HEAT), the Virginia State Police offer **free etchings** throughout the year. To put this in perspective, check out the following information provided by the FBI:

- There were an estimated 777,139 thefts of motor vehicles nationwide
- More than \$6 billion was lost nationwide due to auto theft
- The average dollar loss per stolen vehicle was \$7,708

VIN etching is important because adding VIN etching to your auto glass creates another barrier against potential auto theft. VIN etching complicates things for thieves. If a thief swaps out the VIN on a car that's been etched, the thief must also swap out all the etched glass. This costs time and money.

The VIN etching process uses a chemical to permanently mark glass, takes only about 10 minutes to complete and doesn't affect the appearance of the vehicle. This complimentary service applies to the exterior glass of cars and trucks.

Our chapter will be holding a VIN Etching program on Saturday, July 13, from 10:00 AM to 2:00 PM. Get your car protected!



**STAMPS FOR
THE WOUNDED
BY GREG
STONER**

Many wounded veterans find great enjoyment in stamp collecting. Thanks to many devoted volunteers, this postage stamp program gives these hospital or wheelchair-bound vets something to do, and something to look forward to. Trading duplicates also connects them with other collectors.

Our chapter will be implementing a program to collect these recycled stamps. We will provide a container at each monthly meeting for you to deposit your stamp contributions. Recycle the stamps from your own mail to "brighten someone's day!" Leave about a 1/4" to 1/2" border of envelope around the perforations of the stamp. Do not remove the stamp from the envelope it is glued to. The veterans prefer to do that themselves. It's part of their fun. All stamps, U.S. and worldwide, old or new – in any quantity can be contributed. **However, no American Flag stamps please!**

This is such a simple and easy way to give back to the servicemen and women

who have given so much. A little effort on our part will be greatly appreciated by our Wounded Veterans. Please tell your family and friends about this program.



AARP Legislation Update

By Ed Bunting

Medicare for all (M4A) is being promoted by Bernie Sanders as he begins his campaign for the presidency. This plan would move nearly everyone into a single government-run insurance program - whether we're on Medicare, Medicaid, buy our own through the Affordable Care Act (ACA), or get it through our jobs. We could not keep our existing plans. We could, however, keep our current doctors. There would be no networks. Coverage would be very broad and would include vision and dental. There would be no premiums and no out-of-pocket fees (as copays or deductibles).

Taxes would go up considerably. Sanders has not said which taxes, but he did provide a list of financing options including taxing extreme wealth. His plan would move the American uninsured rate from about 8.8

percent to nearly zero. But it's impossible to predict what it would take to get there.

The president and congress say they are striving to protect people with preexisting conditions. However, patients with cancer, diabetes and H.I.V. would have much less protection under Republican proposals than under the the Affordable Care Act.

Surprisingly, President Trump's Department of Health and Human Services is working behind the scenes to advance Obamacare's goal of rewarding doctors for better medical care! Starting in January 2020, primary doctors for those using Medicare may participate in an experiment in which they'll be paid for keeping patients out of the hospital and healthy at home (possibly losing some money if they don't). It will be interesting to see the net results.

You may not be familiar with the Older Americans Act (OAA). It began its life in 1965 as did Medicare and Medicaid. By focusing on seven primary goals, it endeavors to take care of those over 65. The goals include:

- 1- Helping those in need - Meals on Wheels, rides to doctors' offices, etc.
- 2- Fighting elder abuse in nursing facilities and beyond.
- 3- Helping people stay in their homes by funding research and programs promoting independence.
- 4- Supporting caregivers by providing grants to states to fund counseling and training services.
- 5- Providing jobs for the needy - promoting part-time work for low income adults in hospitals, schools and senior centers.

6- Focusing on older population - setting goals for retirement income, employment opportunity, access to health care and to long-term care services.

7- Taking the side of Americans over 65 by setting up federal and local agencies to advocate for them. The Older Americans Act will undergo a periodic reauthorization by congress this year to refine programs for older Americans and set future funding goals.

AARP Tax-Aide Program

By Larry Eiben

Did you know that since 1968, this volunteer-based program (AARP Tax-Aide) has helped nearly 50 million tax payers. The program is free to individuals 50 and older who understand that life changes may mean taxes are a bit more complicated. With the help of IRS-certified volunteers, they make it easy for you. There's no fee, no sales pitch for other services and AARP membership is not required.

In the Locust Grove area (Lake of the Woods), there were 5 Client Facilitators and 7 Counselors working on taxes for the Tax Year 2018. This **tremendous group of volunteers** were open for business 20 days (2/1 thru 4/13) and worked approximately 1,120 hours servicing our community. They completed 395 electronically filed federal returns (e-file), 3 paper filed returns, and several returns for previously un-filed years. A similar number of e-filed state returns were also prepared. These efforts represented the most returns ever prepared at the Lake of the Woods site. These individuals were also responsible for obtaining over \$390,000 in federal refunds for those seeking their support.

Hat's off to this **outstanding group of volunteers** who provided their valuable

time and effort to support those who needed their assistance.

Also, Pam Archer has asked that we thank The Licata Group for loaning us realtor signs to use to make directional signs for those coming in from outside the Lake.

TOURS AND TRAVEL

By Barbara Ehlen

Fall Foliage Train Ride:

Come join us for a journey back in time on a vintage train through the scenic countryside of Maryland including a picnic lunch on board. Saturday, October 26, 2019
Price: \$85.00

Holidays in New York City:

Package includes motorcoach transportation, 2 nights in a hotel suite in NJ, 2 dinners including an authentic Brazilian restaurant, tour 9/11 Museum, 9/11 memorial, top of the One World Observatory, "The Ride" an interactive theatrical motorcoach fun tour through midtown Manhattan. Free time to explore and see the Rockefeller Center Christmas Tree, shop, maybe a Broadway Show or see the famous Rockette.

December 4-6, 2019 Price: \$579.00 p/p double \$519.00p/p triple

Motorcoach departs on both trips from Lake of the Woods lower parking lot and the commuter lot on Route 3 and Gordon Road Fredericksburg.

Call Barbara at (540) 972-4651 or email wisecruiser@hot [mail.com](mailto:wisecruiser@hotmail.com) for more information or a flyer.

**AARP CHAPTER 5239
GENERAL MEETING
April 15, 2019
HIGHLIGHTS OF MEETING
By Lea LeBar**

Guest Speaker Violet Liberti introduced our guest speaker, Dr. Joan Vernikos whose topic was "Stress Beyond 50." Dr. Vernikos received her degree in pharmacology from the University of London. Because of her stress research, NASA recruited her in 1964, along with 4 others, to test astronauts' stress levels before, during and after a space launching. This was also when NASA created Life Sciences. Her tests on astronauts showed that their cortisone levels were high before and after flying in space but showed no signs of stress while in space. The reason was that these astronauts were experienced pilots and knew what to expect flying in space but not knowing what to expect before or after the take offs and landings were stressful since the space program was in its infancy. She stated the key to stress is perception.

She retired as NASA's Director of the Life Sciences Division. She said by the age of 50 and beyond a person has encountered all forms of stress: stress from not getting a good night's sleep, financial problems, medication, care giving, driving, living alone to name a few. Eighty percent of stress is self made using the "What If" thoughts. Some of the ways to cope with stress is to relax your jaw, take a deep breath and hold for 5 seconds, exhale for 5 seconds. Repeat several times.

Other ways are socializing, exercising, discussing your concerns with someone willing to listen and really listen to what others have to say.

TRIAD The Orange County Sheriff's Office has a new TRIAD coordinator, Deputy Ron Kesner. He is certified in Crime Prevention and will come to your home and inspect it to see what steps need to be taken to secure your home against break-ins. He is also available to speak to groups about frauds that are used against seniors. He can be reached at 540-672- 1536.

Membership Pam Archer reported that we had 4 guests and 2 new members at the meeting.

Tour & Travel Skip Poole is offering a river cruise on the Rhine in December. The Christmas Markets Cruise will be for 7 nights. For more information contact Skip at 540-972-7268.

Barbara Ehlen has two trips planned. A day trip by train to Maryland in October. The other trip is December 4-6 to New York staying at the Hilton Homewood Suites which includes two breakfasts and two dinners, a visit to the 911 Memorial and the One World Observatory. For details phone Barbara at 540-972-4651.

Meals on Wheels Tony Aris needs volunteers to drive to Culpeper and pick up prepared meals for senior citizens at the Orange County Senior Center and deliver them to Orange. If you want to volunteer phone, Tony

at 540-972-2016. Tony is still installing Guardian 911 equipment.

Tina Aris and Violet Liberti, both of whom have provided our chapter with interesting, informative and entertaining programs for many years, are retiring. Thank you, Ladies. Well done!



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

www.aarp5239.org

This Month's Meeting: May 20, 2019
Great Hall, Clubhouse 9:30

Next Month's Meeting: June 17, 2019
Sweetbriar Park, Lions Pavilion



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
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Treasurer	Dick Durphy	1105 Eastover Parkway	540-972-3306	dickd9@msn.com

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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	larryeiben@gmail.com
Driver Safety Class	Elaine Cook		703-309-4810	Elaine@olderandbolder.net
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
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LOW Name Tags	Carolyn Durpny	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	540-907-7579	archers0526@gmail.com
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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
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