



PERSPECTIVES - FEBRUARY 2024

President's Letter – Garry Archer

Good News - **We are back in the Clubhouse!** A sincere thanks to Ryan and his team for allowing us to continue to use the Clubhouse for our meetings. Please keep him and this fine restaurant in mind when choosing where to go on those "special" occasions.

Last month, our meeting was well attended despite the weather and change of venues. A big Thanks to all who assisted with the setup and breakdown of the meeting room.

Finally I would like to note that some entity used my name (but note that it was not my email) requesting that the recipients purchase gift cards and send the codes on them to another person. This is classic phishing - it is a SCAM. Whether an email or text comes from someone you know or someone you do business with - any request for gift card purchases, it is a scam.

See you all at the **February meeting at the Clubhouse.**

Garry Archer



Chapter Dues – Kathy Saladino – Treasurer

Why does our chapter need to pay dues?

Hello members of AARP Chapter 5239. Do you ever wonder where your membership dues of \$10 each year go in running the chapter?

Thought I'd share with you some of the payments I have made this past year. We do not send any money to National AARP; if wish to join the National AARP organization you would pay that directly to them.

Our chapter pays for our PO Box, our website, LOWA for space on the point for July 4th celebration and yard sale space, insurance, refreshments (we do not collect enough donations in the basket each month) and State of VA (business tax/insurance). We do not subsidize any trips, but if there is a surplus it becomes part of the money we use when we make our charity donations at the end of the year.

Last year we did receive a few direct donations to our chapter. We also had people round up their payment at the yard sale to help us in collecting money for our charities.

If you have not done so already, please pay your dues for 2024 at our next meeting. If you can't attend, you can always send them to our PO Box.

LEFT AT THE CHRISTMAS LUNCHEON – Kathy Saladino

Does this Dutch Oven look familiar to you?? Did you bring something fantastic to the



December Pot Luck?? Are you a friend of someone who brought something very delicious in this very heavy pot? It is royal blue outside; cream colored inside with a clear glass cover.

We tried to give it away at the January meeting but had no luck. We're hoping you see it in this newsletter and get in contact with Kathy Saladino, our treasurer who is keeping it for you. It will be at the February meeting again if we get no response to this article.

Sunshine Report – Carolyn Durphy

Carolyn Durphy – Surgery & home. Hope this finds you all well, but please let me know if there is someone that needs some cheering up.



Is a Smooth Transition in Your Future? – Karen Kowalik

Kim Moulds of Smooth Transitions in Fredericksburg is our guest speaker on Monday, February 19th.

Whoever said that the only certainty in life is death and taxes, forgot moves. From the time we leave home (if not before) we will move and most likely move again. Each time we are faced with the accumulation of things – some we acquired, some gifted, some inherited, and even some stored by our children. Is the move contemplated, or an emergency? At times this can be overwhelming.

If you are looking for a smooth transition while moving, you may want to consider hiring a Senior Move Manager. They can help you with every aspect of the move, from planning to packing, moving, and unpacking. One such company is Smooth Transitions National Office. They are compassionate, certified, licensed, and bonded, and can help you right size your home. They can also help you sort your belongings into what to keep, disperse, sell, donate, or recycle/responsibly dispose, and even set up your new home from making your bed to programming your TV remote.

I'm sure this is information we can use if not today, tomorrow.

Our meeting starts at 9:30 at the **Clubhouse** with coffee, treats and conversation, a chance to greet old friends and welcome newcomers. Our meetings are open to all. We welcome guests, hoping they will leave as members.

Tax Aide – Pam Archer

Just as Karen mentioned above about the only certainty in life is death and taxes, it once again is tax season!

Did you know we have our very own free Tax-Aide location right here at the Lake? The purpose of the AARP Tax Aide program is to provide free tax preparation for low-to-moderate income families and individuals whose returns are within the scope of our volunteer training.



Those with Adjusted Gross Incomes greater than \$200,000 and complicated tax issues should consider other avenues for their tax preparation. AARP membership (chapter or national) is not required to use this free service.

The following procedures will be in place for purposes of safety and efficiency of tax preparation:

- All personal tax documents must be collected and the Intake Form (13614-C, located in the packet) completed and signed before your scheduled appointment.
- The use of masks is encouraged but not required for appointment in person.
- Appointments are required.

Our site this year is at the LOW Community Center, 110 Sweetbriar Park Road. Appointments are Fridays & Saturdays 9:30 AM-2 PM. Pick up packet at the Wilderness Library, 6421 Flat Run Road, Locust Grove. **Call 540-318-0345 for an appointment when packet information is complete.**

There are other locations with different days and hours in the area also. They are listed in the January 26th edition of *Lake Currents*, and other local newspapers.

TOURS AND TRAVEL – Pierre Payette

LAST CHANCE! CLOSING FEBRUARY 21. ALL PAYMENTS MUST BE RECEIVED BY FEBRUARY 23.

April 30 - May 2 (3 days, 2 nights) to Lancaster, PA.

See Sight and Sounds new production of

"DANIEL". Also includes a dinner show of "RAGTIME" at the Dutch Apple Dinner

Theater. Package includes 2 nights lodging at the Best Western in Intercourse Village, 2 breakfasts, 2 dinners, Bird In Hand Farmers Market, Turkey Hill Experience, Kitchen Kettle Village, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's gratuity.

Cost is \$665 pp double, and \$875 pp single occupancy. Reserve your spot. Payments must be paid in full no later than Feb 23. For information and reservations, contact Pierre Payette at 540-972-0519 or pierre114@verizon.net.



February Birthdays – Pam Archer

Sweetest of birthday wishes to: Kathleen Bradie, Beth Drabant, Barbara Ehlen, Irving Grimes, Ed Kessler, Ruth LaLiberte, Patricia Lieb, Kim Lyttle, Sherry Moats, Mike Musatow, Doug Pope, Barbara Rakes, and Richard Ticomb.

Stress and Acid Reflux – Sandie Frame

Emotional stress can increase acid production in the stomach, aggravating gastroesophageal reflux disease (GERD). In people with GERD, the lower esophageal sphincter muscle (which acts as a door between the stomach and the esophagus) does not work properly. This allows acid to rise up from the stomach and into the esophagus.

Lifestyle changes can help you manage your GERD. These include:

- Not smoking
- Eating a healthy diet
- Limiting coffee, tea and cola drinks
- Eating smaller meals
- Avoiding meals close to bedtime.

You might also try relaxation strategies, such as mindful meditation, yoga, tai chi, massage, and deep breathing.

Cognitive behavioral therapy is another option for reducing chronic stress. Also try to exercise regularly. It's natural stress buster and can also help you maintain a healthy weight, which can help with GERD. If your acid reflux does not improve, see your doctor, he or she might want to treat your condition using medication or other therapies.

Source: Harvard **Women' Health Watch** Volume 29 Number 9 May 2022

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