



PERSPECTIVES - MAY 2022

**Carolyn Durphy – President &
Pam Archer – Membership**

A belated Happy Mother's Day to all of you mothers and grandmothers. I trust your Sunday was a joyous one with family and/or friends. Apologies for getting this newsletter out so late. I spent 3 and a half days in the hospital with pneumonia and am now getting back into the swing of things.

I am asking you all to get into the AARP website and look over the Standing Rules and By-Laws so we can be up to date on what has to happen to keep our chapter afloat. As you may or may not know, all of the terms for the Officers and Directors have expired. I am also asking everyone to wear their name tags. If you don't have one, we will provide stick-on ones.

I look forward to seeing our members this coming Monday, May 16th, at 9:30AM for coffee and goodies before the meeting. Please note there will be no dues collected at this meeting.

This is a very important meeting as we have to decide whether we are able to continue our chapter. We have to have a new slate of Officers and a new slate of Directors. We also need some new committee chairs. Our chapter won't be able to exist without several people stepping up. Don't let this be our last meeting!



May Birthdays – Pam Archer

Bouquets of Birthday wishes to:

Ed Bunting, Vicky Fleming, Alice Grgas, Clive Louden, Rani Manhard, Judi Marzolino, Dean Munsell, Linda Ogletree, Pierre Payette, Patti Pfeifer, Deborah Raines, Kathleen Saladino, David Schubert, Robert Spencer, and Linda Ticomb



Sunshine Report –

Get well cards were sent to Carolyn Durphy and Maynard Matthies. Additionally a Sympathy card was sent to Ray Wareham on the death of his wife Marlene.

Memorial Service – Carolyn Durphy

There will be a memorial service for Madeline Salustri on Saturday, May 21st at 11:00AM at the Lake of the Woods Church with a reception following in Fellowship Hall.

Fall Prevention – Sandie Frame

With age we become more prone to falling. Between COVID and winter activity slow-down you may have kept from exercising as much. Warmer weather is here so it is time to try a few exercises that will help your balance and strength and hopefully reduce your risk of falling so you can get outside and enjoy the season.

Wall Press

1. Stand on a non-slip surface facing the wall. Stand an arms- length away from the wall.
2. Have your palms on the wall at chest height and lean forward, bending slightly at the elbows, until your heels lift off the floor.
3. Bend your elbows halfway while keeping your arms close to your body and your back, legs and hips straight.
4. Slowly straighten your arms back to the starting position.
5. Repeat Steps 1 – 4 five times for three sets. This is like a standing pushup.

Sit to Stand from Chair

1. Sit toward the front of a sturdy chair with your knees bent and your feet flat on the floor, hip width apart. You can use a pillow or cushion on the chair if that will help.
2. Rest hands lightly on the seat (or on the armrests if a chair with armrests is needed), keeping your back and necks straight and your chest slightly forward.
3. Lean your torso forward by hinging from your hips to shift your weight over your knees and feet.
4. To stand, breath out, firmly tuck in your tummy, squeeze your buttocks and push through your heels.
5. If necessary, use your hands to push yourself up and out of the chair.
6. Slowly return to the seated position. Do not collapse back into the chair.
7. Repeat Steps 1 – 5 five times for three sets.

Seated Arm and Leg Lift

1. Sit in a chair with feet flat on the floor and arms at your side
2. Simultaneously raise right lower leg (and foot) and left arm. Keep your tummy tight and your toes pointed toward the ceiling.
3. Slowly lower and repeat with opposite arms and leg.
4. Repeat Steps 1 – 3 Ten times on each side.

Source: Women's Health Initiative Fall/Winter 2021 Exercises adapted from: Stanton, M. (2021 April 10) Four easy strength training moves. ([https://www.consumerreports.org/exercise, fitness/easy strength training moves](https://www.consumerreports.org/exercise_fitness/easy_strength_training_moves)).





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