



***PERSPECTIVES* – AUGUST 2024**

President's Letter – Garry Archer

I can hardly believe that we are almost through summer. The June picnic is becoming a distant memory and while the July Library presentation is already behind us, we look forward to our August meeting. Our speaker will be Suzanne Amoruso who will present tips on adopting a healthier lifestyle.

As we look forward to this meeting let's remember to invite our friends, family, and neighbors to join us. There are always new ideas and opportunities presented at the meetings so let's all spread the word. And thank you to all the members who have been bringing those delicious treats to snack on before the meeting!

Finally, I'd like to take a moment to mention that there are more and more scams by both phone and computer. Please, if you get taken in - report it. You won't be the first but hopefully if word gets around about a particular scam, you might be the last. Remember that banks, Medicare, Social Security, and other like institutions will never call you asking you for your information. Any caller saying you need to act now, please do act - hang up on them!

Thanks to all of you for making our chapter all that it is.

August Meeting – Karen Kovarik

“Let Food Be Thy Medicine and Let Medicine Be Thy Food” ...Hippocrates

Our speaker will be Suzanne Amoruso. Suzanne is a Board-Certified Dietitian, Diabetes Educator and Wellness Coach. She has been practicing as a dietitian for over 25 years. She is a resident of LOW for 24 years and resides here with her husband. She has 3 adult children and one precious grandson.

Suzanne received her BS degree in nutrition and dietetics from the State University of New York at Plattsburgh. She received her certification as a diabetes educator in 2003. She has worked at various hospitals and healthcare settings such as Mary Washington, Fauquier, and Wellsprings. She specialized in diabetes education and insulin pump therapy.

In 2020 Suzanne started a private practice; Nutrition for You, LLC. She serves patients in Fredericksburg, Stafford, Culpeper, and Locust Grove. She accepts most insurance plans and is accepting new patients.

She is also a wellness coach for the Juice Plus Company, educating people on the importance of whole food nutrition & functional foods. Her goal is to help people reduce their risks of disease by nourishing the body with adequate phytonutrients, fiber and antioxidants.

Suzanne’s goal is to “help people heal from the inside out, and get to the root cause of your issues.” She educates on the importance of having a healthy gut microbiome. She hosts free monthly education sessions on various topics such as hormone balancing, gut health, how food affects your mood, and how to make kombucha and sourdough bread. There is a sign-up sheet, if interested in dates and times.

Knowing the importance of exercise, Suzanne stays active by walking daily or going to the gym. She also enjoys pickle ball, hiking in the mountains and bike riding. She enjoys gardening and has 2 gardens; 1 outdoor and 1 indoor. She loves animals and nature and likes to be outdoors as much as possible. These are both very healing to the body and help with stress management. She loves to cook, learn new recipes, and follows a heart healthy plant-based approach.

Her goal is to help as many people as possible feel better, look better and live a healthier lifestyle!

Come join us Monday, August 19th at 9:30 in the Great Hall of the Club House. Coffee, conversation and treats at 9:30, the program starts promptly at 10 and our speaker is up first. Do come, perhaps her tips will help us enjoy some of her boundless energy.

Tours and Travel – Pierre Payette

MONTREAL, CANADA



Time is getting short! Don't be left out! Absolute cut-off date is Sunday, September 15.

December 1st - December 6th. (6 days, 5 nights) to Montreal, Canada, featuring Montreal Christmas Markets. City tour of Montreal, Montreal Underground, Notre Dame Basilica, and Montreal Christmas Markets. Package includes 5 nights lodging (3 in Montreal area), 5 breakfasts, 3 dinners, welcome and orientation, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's and guides gratuities.

Cost is \$950 pp double, and \$1349 pp single occupancy. Don't be left out, reserve your spot with a \$25 per person refundable deposit. Payments must be paid in full no later than September 14. Cancellation insurance is available and recommended.

Departure will be from Lake of the Woods, and Gordon Rd. Commuter Lot on Rt #3 in Spotsylvania.

Valid U.S. Passport required.

Flyer can be viewed and downloaded at AARP5239.org under "downloads."

For information and reservations, contact Pierre Payette at 540-972-0519 or pierrel14@verizon.net

SIGHT AND SOUND

A trip is being planned in late April, early May to Sight and Sound to see "NOAH." Should be lots of animals. We will also tour and shop in the Amish country. More info as it becomes available.



Sunshine – Carolyn Durphy

Remember to include anyone who is not feeling well or just a "thinking of you". Just send me an e-mail or phone call.

Food Pantry – Pam Derreberry

Items especially needed during the summer months are condiments (ketchup, mustard, mayonnaise, pickles, relish, etc) and side dishes, such as hamburger/tuna helper, stovetop stuffing, macaroni and cheese, rice dishes, etc. For your convenience, we collect Food Pantry items at each meeting.

Scam Alert – Kathy Saladino and Pam Archer

A friend from here in the lake just left my house. Last week a computer email sent her a phone number to call about security to her computer. She called to tell them she didn't want what they were offering and the next thing she knew they had wiped out her bank account!! She's devastated. Her family is helping her freeze accounts, create new accounts and all that you must do when something like this happens.

She thought the email was legitimate and did not check it out before making the call. We can't be too careful. I had something similar recently but I just deleted it.

Four Basic Signs of a Scam – Recognizing the signs of a scam gives you the power to ignore criminals and report the scam.

Scams come in many varieties, but they all work the same way:

1. Scammers **pretend** to be from an agency or organization you know to gain your trust.
2. Scammers say there is a **problem** or a prize.
3. Scammers **pressure** you to act immediately.
4. Scammers tell you to **pay** in a specific way.

It's sad that we need to be so skeptical and not very trusting but unfortunately, that is today's world.



Planning for Weather Emergencies – Barbara Ehlen and Pam Archer

Summer can bring severe weather suddenly. One way to be prepared is to Take Control:

1. Assess Your Needs – First, know your risk. Then, understand your needs during an emergency. Go through a self-assessment process to identify specific needs so that you can create a personalized emergency plan.
2. Make a Plan – Develop a comprehensive emergency plan and preparedness kit tailored to your unique needs.
3. Engage Your Support Network – Build a strong support network and include them in your emergency planning. Consider how you can engage your family, friends, caregivers, neighbors and others who can assist you during an emergency.

Great information and guidance can be found at www.ready.gov. The information above was taken from the **Older Adults** section.

August Birthdays – Pam Archer

Sizzling August Birthday Wishes to members Anne Boyd, Helen Brewer, Judy Chess, Deborah Kratzer, Jane Ketch, Bob Lanier, Audrey Lawrence, Connie LeMay, Marilyn McKay, Jim McMahan, James Shorten, and Emily Slunt.



Choking Hazard – Joan Albertella

When someone around you is choking and can cough forcefully, keep them coughing which might help to remove the stuck object. If the person is conscious but can't cough, cry, or laugh forcefully start aid and call 911.

The American Red Cross recommends the following steps for adult and children older than age One (1).

Five (5) back blows: Stand to the side and just behind the person. Place arm across the person's chest and bend them at the waist to face the ground. Strike five separate times between the shoulder blades with the heel of your hand.

Five (5) abdominal thrusts (Heimlich maneuver): Stand behind the person, placing one foot slightly in front of the other. For a child kneel down behind. Wrap your arms around the person's waist.



Tip the person forward slightly. Make a fist with one hand and put it just above the person's navel. Grasp your fist with your other hand and press into the stomach with a quick, upward thrust as if trying to lift the person up – five times. Alternate between five blows and five thrusts until blockage is dislodged.

If you're alone and choking: Call for 911. Then give yourself abdominal thrusts. Place a fist slightly above your navel. Grasp your fist with the other hand and bend over a hard surface like a countertop or chair. Shove your fist inward and upward.

Recycled Bags – Nan Lamb

As has been mentioned before, the LOW Lioness Club is collecting plastic bags for the NEXTREX Recycling Challenge. A reminder that Drop-off boxes are located on the front porches at 319 Liberty Blvd and 419 Wilderness Drive. Or you can bring them to our meetings and Nan Lamb will deposit them appropriately.

For a list of items to be collected please see the May *Perspectives* under Downloads.

