



PERSPECTIVES – March 2023

President's Letter – Pierre Payette

Thank you all for passing the proposed budget at the last meeting. Based on our projected income of \$1700.00, and our projected expenses of \$852.10, we have a possible surplus of \$847.90 for 2023. Out of this surplus, we can pay any unforeseen expenditures, make a purchase, donate it to charity, or just roll it over for next year. The choice will be ours. I have been asked why donations to charity were not mentioned in the budget, and the reason is simple. We donate the profits from our fund raisers (e.g., yard sale, trips, etc.) to charity. Each trip has their own individual budget, and any profits after expenses are paid, are given to our local charities at our December meeting.

At this month's meeting, we will be introduced to a new project. Nan Lamb will ask us to save our used pill bottles. She will discuss this during the meeting.

I am looking to expand our "Service" projects. If you would be interested in chairing one, please bring your idea to the Board meeting next month for consideration. I also would like someone to step up for "Car Fit" or VIN Etching, if anyone is interested.

Please support our travel endeavors, as most of our charitable donations will come from profits and donations. The trips are described under Tours and Travels. If you are planning on participating in the Chattanooga Choo Choo trip, you had better hurry. As of this writing, there are only 5 seats available. Then I will start a "WAIT" list. If you have not paid me a \$25 deposit, you do not have a reserved space.

I am going to do one or more trips to Charlestown Casino. Tentative plans are for the first one to be in May, and if it is successful, another in August, and November. Further details will be forthcoming.

Next General Meeting is Monday, March 20, at 10:00 AM in the Clubhouse, social time at 9:30 AM. There is a scheduled Board Meeting on March 13, at Fareways.

Tours & Travel – Pierre Payette & Barbara Ehlen

Chattanooga Choo Choo: Chattanooga, TN 4 days, 3 nights, June 13 - 16, 2023
\$729 per person, double occupancy. Includes 3 nights lodging; 3 breakfasts; Southern Belle Riverboat Cruise; 3 train rides, including The Missionary Ridge Local, Lookout Mountain Incline Railway, and Blue Ridge Scenic Railway; Rock City Gardens; motor coach transportation; luggage handling and taxes and meal gratuities.

Contact Pierre Payette at 540-972-0519 – pierrel14@verizon.net

Tangier Island: End of August. Motorcoach to Reedsville VA to board the boat for a one and half hour cruise to Tangier Island. Spend time in this unspoiled quaint fishing village. Shop, have lunch or take an optional tour of the island in a golf cart. There are not any cars on the island. Contact Barbara Ehlen at 540-972-7710 – wisecruiser@hotmail.com

Harvest Solomons Island: Oct 7. Explore the variety of restaurants to sample signature dishes and specialty drinks with two sample vouchers included. There will be time to shop and stroll the boardwalk along the Chesapeake Bay and the Patuxent River. Sponsored by Locust Grove AARP Chapter 5239.

Contact Barbara Ehlen at 540-972-7710 – wisecruiser@hotmail.com

Christkindlmarket Bethlehem PA: December 6-8. Enjoy the sights, sounds and smells at this extraordinary holiday event. Shop for one-of-a-kind German handmade crafts and collectibles from artisans all over the world. Visit the famous Koziar Christmas Village to experience a magical stroll through the spectacular displays with over 1 million lights. Price: \$509.00 per person double Sponsored by Locust Grove AARP Chapter 5239.

Contact Pierre Payette at 540-972-0519 – pierrel14@verizon.net

Flyers with more information are available upon request and also on our web site.

Did You Lose a Watch? – Carolyn Durphy

A silver watch was found on the floor after the AARP January monthly meeting. It says “Antique Watch Corp” on the back and it appears to be a woman’s watch. It will be at the next meeting.

March Guest Speaker - Physical Therapy – Part II – Joan Albertella

Our speaker will be Lisa West, LPN Rehab Liaison from Encompass Hospital. She will describe their services as follows: The points of impact for acute rehab are that we are a hospital level of care and admit patients to manage not only their therapy needs, but the acute/chronic medical conditions as well. We provide a more intensive level of therapy that is delivered to the patient at 3 hour daily/5 days per week during their in-patient stay with us. For many patients we are the beginning of the mobility following a recent hospital stay, injury, fall or functional decline in order to move them towards the continuum of going home and being able to get out of their home to appointments and complete activities of daily living that they were unable to achieve previously. We also provide education to family members during therapy sessions to prepare them for the patient's needs upon return home. While we can hope not to need such services, it is comforting to know that they are available locally.

Treasurer's Report – Kathy Saladino

Thanks to all who approved the budget the Board had prepared for 2023 and was voted on at the last general meeting. Last month we paid out \$402.00 with your dues money to renew our website for two years which is how the Go Daddy Company bills any organization. Having left money in our checking account after giving our charity donations last year, we were easily able to pay this bill. Continued dues payments by members will allow us to pay future bills for insurance, State of VA tax on organizations, Post Office box rental and other expenses.

March Birthdays – Pam Archer

Lucky Birthday wishes to the following members: Gordon Bentz, Peter Cassese, Robyn Chewing, Connie Connon, Gina Davies, Carol Donoho, Jeanette Embrey, Peggy Grella, Thomas Hamilton, Joyce Haring, Mary Hoffman, Candy Hovanetz, Lee Huminik, Alita Irby, Darcy Jennings, Mary Kofron, Marianne Kraus, Bill Lanier, Violet Liberti, Maurice Moody, Sharon Montie, Pamela Nalls, Joe Nolan, Phyllis Pulice, Elizabeth Scheuermann, Gary Sibley, Sue Simmons, Gail Stoner, Susan Trunzo, Teresa Wisniewski, and Gerald Young



Sunshine Report – Carolyn Durphy



A get-well card was sent to Vi Liberti. She fell at her home and broke her arm. She will be at Carriage Hill for rehab for another 4 weeks at least. If you know of anyone that needs cheering up or a get-well card, please let me know. I can be reached at 540-972-3306 or durphyc@gmail.com.

Tax Aide – Pam Archer

The LOW AARP TaxAide site continues to assist with e-filing Federal/State tax returns in the lower-level Clubhouse by appointment only on Fridays and Saturdays until Apr 15 from 8:45am -1:15pm. Please pick up your information packet from the Wilderness Library lobby and then call our scheduler at 540-318- 0345 once you have received ALL your tax forms.

National Slam the Scam Day – Social Security Administration

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

Recognize the four basic signs of a scam:

- Scammers pretend to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
- Scammers mention a problem or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
- Scammers pressure you to act immediately. They may threaten you with arrest or legal action.
- Scammers tell you to pay using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a “safe” account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).



Licata Group Shred Day

The Licata Group will be hosting a Community Shred Day on Saturday, April 22nd in the office parking lot from 11:00 am to 2:00 pm. Taco Tuesday will have a food truck available on site selling a delicious variety of Mexican fare and the Kona Ice Cream truck will be selling shaved ice with 20% of the proceeds going to the Lake of the Woods Fire & Rescue. The Orange County Animal Shelter will be there also. Donations are encouraged but not required, with all proceeds going to the Lake of the Woods Fire and Rescue

Memory Changes as We Age (Part I) – Sandie Frame



Individual experiences vary, but there are common changes that can occur with aging.

People often wonder if a memory lapse is age-related. “It’s not always a clean divide” explained neurologist Dr. Edmund Teng from the School of Medicine at UCLA. “Because people live longer than they used to it is more challenging to discern between normal and abnormal cognitive aging. Not all memory loss is normal. Progressively worsening memory loss, for example, is not healthy aging.”

Though everyone experiences mind and body aging differently, researchers have found some broad commonalities. Laura Germine, PhD, and her colleagues at Massachusetts General Hospital have researched how certain elements of memory and cognition peak at different time of life. Here is an overview of their findings:

20’s: Brain development peaks. You can learn, reason, process, problem-solve and remember new information as quickly as you will ever be able to do.

30’s: Learning, processing, reasoning abilities, and thinking speed gradually decline. Working memory (the ability to quickly call up information) peaks.

50’s: Mild forgetfulness sets in. Memory, processing skills, and the ability to learn new information gradually declines. Your ability to recall vocabulary and general knowledge improves.

60’s: Memory, processing skills, and other cognitive functions continue to decline. Comprehension of vocabulary and general knowledge stays stable.

70’s: You have more trouble with working memory and information recall. It is harder to formulate concepts and think abstractly. Risk of dementia rises.

80’s: Trouble with both short-term and long-term memory increases. It is harder to remember everyday words and names. By age 85, nearly one out of three people has Alzheimer’s disease changes in the brain.

They did not go on into the 90’s. Just where we all fit into this pattern is of interest but not absolute. As stated at the beginning, individual experiences vary. I found it more interesting to see where the age patterns fit me as I tried to remember.

Source: *UCLA Healthy Years* Volume HY 19A January 2023

New Email Address Coming Soon – Sandy Davis and Pam Archer

The Chapter's Communication Team has been working on ways to streamline the distribution of chapter monthly *Perspectives* and notifications to our members. The Team has been using Yahoo mail service. This process has required the use of multiple group email lists, and only one person could send out the email notifications.

In our research we found that Google mail service has the capability of single distribution lists. Multiple team members can assist with the distribution of the mail.

To utilize Google mail, it was necessary to create a new Google email account for our chapter use. The new email address is aarp5239Chapter@gmail.com.

We have performed some testing with the Chapter Directors utilizing the new email address, which was very successful. In the coming month the team will be finalizing and importing chapter member's email addresses into the new Google email account. Once this is completed, we will send out a test email to all chapter members. To ensure that each member receives this email and future emails please be sure to add the new chapter email address to your email contact list. This prevents the mail going into your junk/spam bucket.

The Communication Team is planning to officially begin using the new Google email account beginning with the April *Perspectives* distribution. If you have any questions or need assistance, please contact Sandy Davis at sandyd11111@gmail.com or call at 304-629-1662; Pam Archer at archers0526@gmail.com or call 607-237-5018.

Wilderness Food Pantry - Garry Archer

The Wilderness Food Pantry has already seen a significant uptick in people using the pantry. As the impact of cutbacks in SNAP (food stamps) more broadly effects many of our fellow residents the need will continue to grow. Please, if possible, consider bringing a non-perishable food item or two to our next meeting. Cereal, canned veggies, pasta, rice, soup, or other items are always in need.

Our neighbors thank you for your generosity.

The question has come up as to whether they need egg cartons. The answer is No, they do not.





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