

# PERSPECTIVES

December 2015

## PRESIDENT'S LETTER by Tony Aris



As I write this, my final President's letter and look back over the last two years, it seems to have flown by quickly. Many good things took place. I want to thank the Board members for their support and for making my role as President a good and rewarding time. I was proud to serve as your Chapter President and will still be serving on the Board as Past President and Director.

I look forward to watching this Chapter continue to grow. I want to acknowledge all the chairs and volunteers who gave their time to help make our Chapter successful. Our Election Day BBQ runs smoothly each year because of the tremendous effort put forth by many, especially Gil Churchill and John Trach. Each year Kathi Martin does an equally fine job heading the Food Drive. A shout out to Dick Martin too, for taping our Speaker's presentations each month so all residents can view these sessions on Lake of the Woods Comcast channel 18. And what would a President be without a great Secretary at his side! Dave Kraus certainly was that, a man for all seasons.

So it is onto new beginnings. The installation of our 2016 newly elected officers, and those continuing to fill out their terms as directors will take place at our Holiday pot luck luncheon on December 21, 2015. I welcome all of them and wish them the best. I am looking forward to seeing everyone at our Holiday luncheon. I end this letter by

wishing everyone Health, love, peace, joy and above all contentment.

## DECEMBER MEETING

by Charlotte Baker, Publicity



It's almost here! On Monday, December 21, AARP Chapter 5329 will celebrate a successful 2015, install next year's officers, get a report on the year-end charitable donations, and enjoy a terrific potluck luncheon. It has been a busy, productive, and worthwhile year, with members enjoying excursions, collecting food for the food pantry, enjoying interesting programs, and working together to have a successful chicken BBQ fundraiser.

Of course, the food is always a real treat. Unless you've already decided to bring your family's secret casserole, please bring a **main or side dish if your last name is A – N; salad O – S; and dessert for the T – Z group.**

The festivities begin at 11:30 at the Community Center. Please bring your food and help with set-up after 11:00. Questions? Call Ann Wood, 972-3326.

## LEGISLATIVE NEWS

By Tony Quattromani



Public Policy Institute  
Inquiry. Analysis. Solutions.

I was searching the AARP.org website and found a page with interesting information. I know everything on the AARP website is of

value but the page for the AARP Public Policy Institute is especially apropos to this monthly column. I had never been to the site prior to today (the day before Thanksgiving).

To get directly to the site enter [www.aarp.org/ppi](http://www.aarp.org/ppi). There is a host of good information for you to research. In the middle of the page you will see Policy Issues – click on the blue note: “See all issues”. That click takes you to a list of options where you can find additional information: Social Security; Health and Medicare; Work and Retirement; Long Term Care and Family Caregiving; Consumer Protection; and Living Communities.

I hope everyone had an enjoyable thanksgiving – we have much to be thankful for.

To all: Happy Holidays and a Happy New Year.

## MEDICAL NEWS

BY Sandi Frame

### Memory Matters:

When individuals notice a decline in their memories, most commonly beginning in their early 50s, they often fear Alzheimer’s disease especially if they have seen a family member



affected by it. With more people aging healthily into their 80s and beyond, we are seeing a greater portion of the population developing some form of dementia. So, how can you tell if you or a family member is affected by early dementia or if the memory loss is normal and age related or may be due to a physiological cause?

Common symptoms of normal memory loss include difficulty word finding, problems with name recognition, or simply losing one’s train of thought. These symptoms sometimes are related to menopause and/or lack of quality sleep, but also, they often may be attributed to the constant distractions and interruptions that come from cellular and handheld devices. These distractions clearly prevent us from laying down memory, and they require multitasking, which is generally detrimental to remembering thoughts or ideas.

The signs of abnormal memory loss that indicate the possibility of early dementia include forgetting things like family members names or birthdays, the inability to perform tasks that were previously familiar, or



recurrent misplacing of items like wallets or keys, especially in odd locations such as the refrigerator. Another sign of dementia can be forgetting the function of commonplace items, such as a cooking pot or a toothbrush.

The good news is that simple memory testing or neurocognitive tests can usually differentiate “normal” memory decline from pathologic memory disorders. In most cases, this leads to reassurance, less stress over the symptoms, and actual symptom improvement. In the cases of true dementia, these tests become a benchmark to follow and enable the patient and her/his family to prepare for the future.

It is important to be aware of changes in how your brain is functioning, but undue worry can make symptoms worse. Talk to your doctor if you are concerned, testing can ease fears of “what if” and provide information that you can act on.

**Source: *Women’s Health Reporter* Volume16, Number 10, October 2015**

## SILENT AUCTION: IT’S BACK!

By Karen Kovarik, Chariman

The January auction will ring in the New Year with its larder filled with the goodies you



contribute. So, dust off those old diamonds, and unwanted Christmas gifts. The auction is prepared to battle the 50-50 raffle again in 2016 with all proceeds benefitting our local charities. Phone me to arrange pick up or delivery (972-7866).

## Chicken BBQ Report

We sold 600 chickens before the BBQ. Not everyone picks up their dinners so we gave two dinners to the Security Station and another 22 were delivered to the senior citizens at Germanna Heights. They were most grateful and the baked beans were a special hit.

A great big thank you to the Committee Chairs for their many hours of preparation and there would be not a BBQ if not for the many, many cooks, servers, set-up and clean-up people. Also many thanks goes out to all those that purchased the dinners. It was another very successful event.

## SUNSHINE REPORT

by Joan Albertella



Sympathy cards were sent to Bob Eghert and Dante Binotto. Thinking of You cards were sent to Patti Batten and Bradie. Get Well cards were also sent to Irene Payette and Mary Hudah. If you know of someone who is sick, has had a death in the family or needs cheering up, call Joan Albertella (972-7779) or email her, jfa1041@comcast.net. If you know the address, please include it.

## December Birthdays

(Sagittarius & Capricorn)



Dick Berra, Norman Bielmeier, Karen Cakouros, Betty Collins, Donna Crawley, Melinda Crocker, Marion Doherty, Timothy Edwards, Robert Haring, Jackie Hill, David Kovarik, Hank Lewis, Paula Pietrowski, James Protiva, Ed Rowan. Gail Sauro. Chuck Spruce, Joseph Wascalus, Elaine Witcher, Mary Wolf.

## DUES! DUES! DUES!

By Carla Wascalus, membership

It is getting to be that time of the year. Our Chapter dues run from January 1 to December 31. If you joined for the first time in September thru November your 2016 dues are paid. Also some of you have already paid and some of you paid twice last year so your 2016 dues are paid. A list of those already paid will be found under downloads. You may start to send in your dues for 2016 at any time.



They are \$7.00 per person. Make check out to AARP Chapter 5239, mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508. If you want to pay at the Holiday Party, please put your check in an envelope, if cash, definitely put in an envelope with your name(s). It will go faster and make the treasurer's life easier if you do so. He may not have his books or change with him. Thank you.

## TRIPS AND TOURS



Join the Travel Committee. Is there a trip within 100 miles that you would like to go on? If so, the travel committee could use another volunteer who is willing to take on the responsibility of organizing and leading a day trip or two.

Join Pierre is on his final trip. He is retiring from the travel business. Travel with him on a



trip to the AMISHLANDS featuring Sight and Sound's "SAMSON."

April 4 - 6. 2016. 3 days, 2 nights, 2 dinners (including Shady Maple Smorgasbord), Performance of "SAMSON" at the Millennium Theater, guided tour of

the Amish countryside, including an Amish Craft Farm and a bake shop, Bird In Hand Farmers Market. Trip includes transportation, taxes and meal gratuities, drivers tip, and admission to "SAMSON."

Price is \$399 per person double occupancy, and \$488 single.

**This is a quick turnaround, as deposits must be paid to White Star in very early January. A refundable deposit of \$25 per person is required to be sent to me by January 1st. Checks payable to AARP 5239 and mailed to Pierre Payette at 114 Parliament St, Locust Grove, VA 22508. This will hold your spot at no risk to you.**

**Final payments are due by Friday, February 12.**

This is a great opportunity to see Samson. If you have never seen a Sight and Sound presentation, you surely are missing something great.



**Check out the fliers on this trip under Downloads on the Chapter web-site.**

#### NEW TRIP IN THE PLANNING STAGES:

Roxanne is planning a late May trip to Chattanooga. TN. More details to follow in January.

#### FALL FOLIAGE TRAIN TRIP



Mark your calendars for Thursday, Oct. 6, 2016. Jerry Young is planning a trip to Romney, WV to ride the Potomac Eagle RR. Reservations have already been made. Lunch will be included in the Club Car. Cost is projected to be \$100 per person for the train ride and meal, plus another \$40 or so per person for the bus and driver. The \$100 cost is a heavily discounted rate that Jerry negotiated with the RR. Details will be provided after they are worked out.

**As always, the Travel Committee can always use another person or two, who are willing to plan, execute and lead trips. Day trips are always popular.**

#### FALL FOLIAGE CRUISE

Join members and friends of the LOW AARP Chapter on an exciting 9-night fundraising

cruise adventure to New England and Canada in September 29 to October 9 2016. Witness beautiful fall foliage vistas;



visit Boston, Massachusetts (walk the Freedom Trail); Portland, Maine (home of the oldest lighthouse in Maine); Bar Harbor, Maine (Acadia National Park); Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia (picturesque Peggy's Cove). Depart via bus from the LOW Clubhouse to Baltimore. Contact AARP member Skip Poole at 540-972-7354 (spoole@cruiseone.com) for details. See flyer under DOWNLOADS on Chapter Website.

#### The Lions Wilderness Food Pantry.



The Wilderness Food Pantry has a shortage of cereal among other items. Please be generous in your food donations this month. The Fredericksburg Regional Food Bank is also low on food, therefore our pantry is not able to purchase needed items. If you are unable to shop please leave your donations in the container provided each month. I will purchase items with cash donations. Any checks should be written to the Wilderness Food Pantry and I will give to their leader. We should remember the less fortunate in our community this holiday season. Thank you for your support. Norma Ervin



**Coupons** - Carla will be collecting the Betty Crocker labels & the box-top coupons for education. A special thank you goes to all those who save these items for charity.



**OC Animal Shelter** needs the following items: towels, blankets, canned cat and dog



food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes.

### Highlights of the November 16, 2015, by David Kraus.

- Our members were entertained by the Enduring Freedom Honor Team from the Fredericksburg Christian School. The group played several military songs and marches and wartime popular tunes.
- Tony Aris announced the following:
  - The chapter Board of Directors approved annual donations to area non-profit organizations that total \$10,675.
  - The next chapter-sponsored computer training class led by Jim Hopkins will be held Jan. 20 from 2:00 to 3:00 in the Community Center.
- Election Day BBQ Chairperson Gil Churchill reported a profit from this year's event of \$3,093. Gil recognized many of the volunteers who supported the BBQ.
- The members present approved the slate of officers and directors for next year's chapter Board of Directors: President – Carolyn Durphy; Vice-President – Larry Eiben; Treasurer – Peggy Powell; Secretary – Luci Churchill; Immediate Past President – Tony Aris; Directors – Joan Albertella, Joyce Bowers, Pam Nalls, Ed Rowan, and Sharon Webb.
- Carolyn Durphy announced the following:
  - The holiday luncheon will be held on Dec. 21 in the Community Center beginning at 11:30. Those setting up should arrive much earlier. Attendees are asked to bring the following based on the first

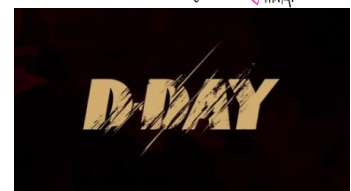
letter of their last names: A-N: main dishes; O-S: salads; T-Z: desserts. (If you are dying to bring your "specialty", feel free to do so even if it does not match the alphabetical assignments.)

- The LOW Lioness Holiday House Tour will be held Dec. 12 from 11:00 to 3:00. The tour starts at the LOW Church.

- Lee Frame thanked all those who supported him in his recent re-election bid for the Orange County Board of Supervisors and who have supported him during his eight years as our Board member.
- Joe McEuen from the LOW Veterans Club encouraged our members to join the Club's Final Salute Team.

The chapter and a lucky member each received \$48 from the Silent Auction.

### DECEMBER CELEBRATIONS/EVENTS



**Treasurer's Report Nov 30, 2015**

	2015 Budget	Current Month	15-Oct	YTD
<b>Income</b>				
Chapter Dues	\$2,735.00	\$49.00	\$42.00	\$2,265.00
Coffee	\$240.00	\$20.19	\$20.50	\$264.69
Election Day BBQ	\$6,300.00	\$454.00	\$3,235.00	\$5,623.00
Name Badges	\$50.00	\$12.00		\$36.00
Auction	\$875.00			\$815.00
50/50 Raffle	\$600.00	\$48.00	\$54.00	\$597.00
Other/Miscellaneous	\$200.00			\$301.59
<b>Total Income</b>	<b>\$11,000.00</b>	<b>\$583.19</b>	<b>\$3,351.50</b>	<b>\$9,902.28</b>
<b>Expenses</b>				
Administrative Costs	\$200.00			\$130.65
Election Day BBQ	\$3,000.00	\$316.70	\$2,094.32	\$2,541.77
Gifts/Donations	\$6,740.00			\$0.00
Insurance	\$110.00			\$107.00
Meeting Expenses	\$200.00	\$70.02		\$166.48
Name Badges	\$50.00	\$10.53		\$49.49
News Letter/ Web Site	\$300.00			\$176.30
Social Events	\$200.00			\$324.13
Sunshine	\$50.00	\$9.39		\$31.87
Other/Miscellaneous	\$150.00			\$94.77
<b>Total Expenses</b>	<b>\$11,000.00</b>	<b>\$406.64</b>	<b>\$2,094.32</b>	<b>\$3,622.46</b>
<b>Tours and Trips</b>				
	Total Received	Disbursed	Disbursed	Balance
Miami Trip Refund (2014)	\$181.98			\$181.98
Smokey Mountains	\$23,601.00	(\$700.00)	(\$20,232.00)	\$1,669.00
Pittsburg Trip	\$11,938.00			\$386.62
Baseball Trip	\$7,504.00			\$644.07
Southern Living Trip	\$3,225.00		(\$2,922.75)	\$302.25
<b>Total Tours &amp; Trips</b>	<b>\$46,449.98</b>	<b>(\$700.00)</b>	<b>(\$23,154.75)</b>	<b>\$3,183.92</b>
<b>Accounts</b>				
Checkbook Balance				
10/31/2015	\$13,458.66			
Total Income	\$583.19			
Total Expenses	\$406.64			
Total Tours & Trips Received	\$0.00			
Total Tours & Trips Disbursed	(\$700.00)			
Checkbook Balance				
11/30/2015	\$12,935.21			
Interest Bearing Account	\$1,094.75	as of 11/30/15		
Petty Cash	\$114.00			
<b>Total Accounts 11/30/2015</b>	<b>\$14,143.96</b>			

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

**www.AARP 5239.org**  
**aarpchapter5239@yahoo.com**

**THIS MONTH'S MEETING December 21, 2015**  
**Community Center, 11:30 AM**

**Next Month's Meeting January 18, 2015**  
**Great Hall Clubhouse, 9:30 AM**



## **The Power to Make it Better**

### **OFFICERS**

President	Tony Aris	301 Limestone Lane	540-972-2016	aanthony48@aol.com
Vice-President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	dolph1nlvr@msn.com
Secretary	David Kraus	127 Indian Hills	571-334-4913	krausman369@gmail.com
Treasurer	Larry Ervin	1313 Eastover Pkwy	540-972-0652	larryervin@verizon.net

### **DIRECTORS**

Director	Joyce Bowers	323 Yorktown Blvd	540-972-9325	Bjbower1@verizon.net
Director	Larry Eiben	221 Harpers Ferry	540-972-1847	larryeiben@gmail.com
Director	Sandi McNeilly	100 Confederate Circle	540-972-1666	sjmcneilly@comcast.net
Director	Pam Nalls	328 Yorktown	540-972-5253	pnalls@verizon.net
Director	Sharon Webb	100 Confederate Circle	540-972-1666	sharon.webb@comcast.net
Past President	Dick Bradie	832 Eastover Pkwy	540-308-5507	aceboggs16@yahoo.com

### **COMMITTEE CHAIRS:**

Child Mentor Coord	VACANT			
Chicken BBQ Chair	Gil Churchill	110 Cumberland Circle	540-972-7452	glchur@comcast.net
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
Email/Membership/ Perspectives	Carla Wascalus	220 Fairfax Lane	540-972 -3436	aarpchapter5239@yahoo.com
Food Pantry Liaison	Norma Irvin	1313 Eastover Pkwy	540-972-0652	larryervin@verizon.net
Lead Greeter	Barbara Rueckert	221 Wakefield Dr	540-972-7566	blrjer@juno.com
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Jan Moore	220 Harpers Ferry Dr	540-972-9355	JMoore20@aol.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Program Chair	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Public Relations	Charlotte Baker	104 Hickory Ct	540-972-6620	Charl104@yahoo.com
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
Scrapbook Editor	Larry Eiben	221 Harpers Ferry	540-972-1847	larryeiben@gmail.com
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Tours/Travel	Roxanne Kessler	208 Cornwallis Ave.	540-972-8365	roxkess@comcast.net
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	Reggie Gavett	213 Creekside Drive	703-505-7179	gavett@gmail.com
Web Master	Dick Durphy	1105 Eastover Pkwy	540-972-3306	dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington	724-523-5255	jandebun@yahoo.com
	Anne Goodwin	428 Birdie Road	540-972-2665	atgne7@aol.com