

PERSPECTIVES

November 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben



Thanksgiving - The Real Celebration

For many of us, the meaning of Thanksgiving usually includes feasting, four-day weekends, football games, floats, family reunions, or a forerunner to Christmas festivities. The most important meaning, of course, is **Family**.

Family is important because it provides love, support and a framework of **values** to each member. **Family** members teach each other, serve one another and share life's joys and sorrows. Our chapter is like Family because we totally work together, share together and provide support to our community. I am proud of the work you do and the amount of time you spend serving others. In 2019 your efforts have been recognized with the following awards:

Community Service Organization Group Award: Recognizes the Lake of the Woods Club/Organization that provides the greatest impact/service to

Lake of the Woods and surrounding communities.

AARP State Chapter Award:

This chapter award is to recognize the education, advocacy, and service work of our chapter. It highlights the outcomes and impact on our community. Note: We also won this award in 2018.

My tenure as your President is coming to a close and I feel enriched for the opportunity to work with each of you over the past two years. I want you to know that I appreciate the guidance, encouragement and support I got as your leader. Thanks for giving me the opportunity to work with each of you. Your time and effort meant a lot to me. I look forward to supporting all the future leaders of this chapter.

"I can no other answer make but, thanks, and thanks".

November Meeting

Program at AARP 5239

By Madeline Salustri, publicity Chair



MEMORY LANE
HOME HEALTH LLC

Learn about Home Health Care with AARP 5239

Locust Grove AARP chapter 5239 will offer an informational program about

understanding dementia and Alzheimer's disease. Jessica Canada, administrator of Memory Lane Home Health Care, will be guest speaker at the Monday, November 18 meeting. Memory Lane Home Health Care Agency is based in Fredericksburg. The agency provides in-home companion, personal and memory care.

Jessica will offer information on recognizing signs of dementia, choosing a home care provider and questions to ask a prospective home care provider. She is CNA and Medical Technician certified.

This is also an opportunity to join AARP 5239 and benefit from informational as well as entertaining programs. All are welcome. So- come join us in the Grand Room on November 18 at the LOW clubhouse at 9:30 for breakfast snacks and fellowship. The meeting begins at 10:00 am. For further information call Larry Eiben at 540 972 1847.

MEDICAL NEWS

By Sandle Frame

Artificial Sweeteners Linked to Weight Gain

Researchers who analyzed 37 studies that included more than 400,000 people have found a link between artificial sweetener consumption, weight gain, and a higher risk of chronic diseases. In seven studies with a follow-up period of six months or less, using artificial sweeteners was not consistently linked to a decrease in body weight, body mass index (BMI), or waist circumferences. However, in 30 long term studies, a significant association was seen between the consumption of artificial sweeteners and increases in measures of both weight, BMI, and waist circumference, as well as

a greater risk for obesity, high blood pressure, type 2 diabetes, stroke, and heart disease. The review appeared in the *Canadian Medical Association Journal* in July 2017.

More Water, Fewer Bladder Infections

To help prevent bladder infections (cystitis), women should drink more water, according to a recent study published in *JAMA Internal Medicine*. It has long been thought that this can reduce recurrences of these common infections, but research has been scant. As any woman who's had one knows, the symptoms are unforgettable, including frequent or intense urge to urinate, pressure or tenderness in the lower abdomen, painful urination and cloudy or reddish (from blood) urine.

Researchers randomly divided 140 premenopausal women with recurrent bladder infections (at least three episodes in the previous year) - who habitually did not drink a lot of fluids - into two groups. Half consumed 1 ½ liters (6+) of water a day in addition to their usual low fluid intake, the other half continued their usual intake (less than 1 ½ liters per day).

Over 12 months, the water group experienced 111 episodes of cystitis compared to 216 in the control group (about a 50% reduction). Increasing fluids may help reduce the infections by diluting and flushing bacteria from the bladder. Certainly, drinking more fluids is easy to do and safe. Also it could have important public health benefits, potentially reducing the need for antibiotics of which the overuse has been contributing to the growing problem of antibiotic resistance.

Source: University of California, Berkeley, *Wellness Letter*, March 2019

November BIRTHDAYS

By Pam Archer, Membership



Mary Jane Atwater, Dick Bradie
Marilyn Buttimer,
Stephen Cakouros
Josephine Davis, Berry Dunbar
Mari Eder, Roland Hamilton
Dolores Johansmeyer,
Joan Litschert,
Cynthia Pedersen, Peggy Powell
Joe Sauro, Kenneth Tillman
Ann Walker, Elizabeth Wiley
Mary Kay Wilks, Ellen Wilson



by Joan Albertella

Get Well Cards sent to
Ed Rowan and Connie LeMay

Thinking of you Card sent to
Grace McEuen

Sympathy card sent to Bill Lanier

If you know of someone needing a card
or note, contact Joan at
jfa1041@comcast.net. Please include
their address if you know it.

**Final Call for 2019 Volunteer
Hours!!!**

Each year Chapter 5239 tracks the
volunteer hours our members
contribute to our community as one
measure of our organization's
commitment to it.

You may report hours worked on
behalf of any organization, not just
our chapter, as well as self-initiated
hours such as those you devote to
helping a neighbor or friend who's
not a member of your family.

Last year our members logged
over 6,000 hours, more than the
equivalent of three people working
full-time all year to help others.

One of the major reasons our
chapter has won the VA AARP
Chapter Service Award for the
second straight year is the number of
volunteer hours Larry reported we
had logged over that period. Most
importantly, our service to others is
something that we ourselves can just
take pride in.

Some members record their hours
each month in the log book. Others
provide an annual total. Regardless,
please report whatever hours for this
year that you have not already
reported.

You can put them in the book at
the Nov. meeting, call them into
Dave Kraus, or send them to him via
email: 571-334-4913;
krausman369@gmail.com.

AARP Legislation Update
By Ed Bunting

The Social Security cost of living adjustment (COLA) announced in October will take effect in January 2020. It will increase benefits by 1.6 percent, an average of about \$24 per month for individuals. The increase is less than the 2.8 percent received this year, but higher than the average over the past ten years (1.4 percent). The cola will boost the average Social Security retirement benefit for a single person by \$288 per year. The average retirement check is expected to be \$1,479 in December 2019 before the cola raises the benefit to \$1,503 a month later.

The monthly premium for Medicare, Part B benefits, is expected to be announced soon. This could affect individual Social Security benefits as it's deducted directly from benefit payments. Part B covers physician and diagnostic services, outpatient hospital services, certain home health services and durable medical equipment.

The Medicare for All (M4A) issue among Democratic presidential candidates continues. Kamala Harris recently changed her approach to M4A after embracing Bernie Sanders' plan. Since many people want to keep their private insurance plans, she suggests an alternative that would preserve a role for private insurance to

compete inside a government-run system.

Elizabeth Warren proposes to finance M4A by taxing the rich. A new study by the Committee for a Responsible Budget has found that aggressively taxing wealthy individuals and corporations would only generate 40 percent of the cost of M4A. Fellow candidates Pete Buttigieg, Amy Klobuchar and Joe Biden have referred to M4A as a "pipe dream" and an "obliteration" of the private health system. The controversy continues . . .

TOURS AND TRAVEL



Holidays in New York City:
By Barbara Ehlen

Package includes motorcoach transportation, 2 nights in a hotel suite in NJ, 2 dinners including an authentic Brazilian restaurant, tour 9/11 Museum, 9/11 memorial, top of the One World Observatory, "The Ride" an interactive theatrical motorcoach fun tour through midtown Manhattan. Free time to explore and see the Rockefeller Center Christmas Tree, shop, maybe a Broadway Show or see the famous Rockettes. December 4-6, 2019 Price: \$579.00 p/p double \$519.00p/p triple

Motorcoach departs on both trips from Lake of the Woods lower parking lot and the commuter lot on Route 3 and Gordon Road Fredericksburg.

Call Barbara at (540) 972-4651 or email wisecruiser@hotmail.com for more information or a flyer.

PA Amish Lands

By Pierre Payette

Featuring Sight and Sounds presentation of "Queen Esther".
May 4 - 6, 2020, (3 days - 2 nights).
 This is a brand new stage presentation, set in the opulent yet perilous Persian Empire. Queen Esther is a captivating tale of beauty and bravery.

Includes 2 nights lodging, 2 breakfasts, 2 dinners (one at an Amish Homestead, and another at Shady Maple Smorgasborg)
 Participate in a Chalk Talk presentation by artist Elva Hurst.
 Guided tour of the Amish countryside including stops at Kitchen Kettle Village, Bird In Hand Farmers Market, an Amish farm featuring quilts and Amish crafts, and a bake shop.

Cost is \$425 per person, dble occupancy, (\$525 single), and includes motor coach transportation, luggage handling, taxes and gratuities for meals and motor coach driver, everything except your lunches and personal purchases.
\$25 per person refundable deposit required at sign-up.

SAVE THE DATE: May 4 - 6, 2020.
 Bus will depart from Lake of the Woods, and Gordon Road commuter lot.

Please call Pierre at (540)-972-0519 (leave msg) or email at pierre114@verizon.net

Baltimore's Christkindelmarket December 12, 2019

By Pierre Payette

There are 2 full buses for this trip. There are also a few people on the wait list. Shortly, those of you who are on the trip, will receive an email which will assign you to one of the buses. Every effort has been made to keep groups together on the same bus. There is not a lot of flexibility, as both buses are full. You will also receive further information regarding departure, postponements, or even cancellation if necessary. Pierre



Lake of the Woods Volunteer Fire & Rescue Company

By John P Farrell Jr.,
 Volunteer Firefighter

As we close out our series, we hope that you have found these articles, and our partnership with AARP Locust Grove Chapter 5239, informative and helpful.

As always, in the event of an emergency, please call 9-1-1 first

before you notify anyone else. We want to get first responders notified and on the way as soon as possible. Remember an emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples may include:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured
- A medical emergency, especially for symptoms that require immediate medical attention

If you're not sure whether the situation is a true emergency, we recommend calling 9-1-1 and letting the call-taker determine whether you need emergency help. For Lake of the Woods residents, calling 9-1-1 will also allow for Fire & Rescue and LOW Security to be alerted and assist with our response.

Knowing what you can do to help mitigate injuries in the event of a fire, or fall, is particularly important for seniors. Our final four safety tips concern actions that you, or your loved ones may take in order to help mitigate preventable or non-fatal injuries. One out of three adults age 65+ and older falls each year but *fewer than half* talk to their healthcare provider about it.

How to Prevent Falls – The Final Four

As outlined in the joint NFPA and CDC series, “*Remembering When A Fire and Fall Prevention Program for Older Adults*,” we offer the following safety tips and guidelines:

❖ Use non-slip mats in the bathtub.

➤ Have grab bars installed, use non-slip mats on shower floors, wipe up spills immediately.

❖ Be aware of uneven surfaces.

➤ Slips and falls generally occur in common walking areas. Be aware of uneven sidewalks or pavement. Consider smoothing out wrinkles and folds in carpets and throw rugs.

❖ Keep stairways well lit.

➤ Stairways should be well lit from both the top and bottom.

❖ Wear sturdy, well-fitting shoes.

➤ Low-heeled shoes with non-slip soles are good for support and better than high heels, athletic shoes, slippers or stocking feet.

October 21, 2019 HIGHLIGHTS OF GENERAL MEETING

By Lea Lebar

Guest Speaker Our new Program Co-Chair, Joan Albertella, introduced our guest speaker, Madeline Salustri.

Madeline is well-known in the community for her speaking engagements on many subjects at various organizations and functions as well as being an active AARP member of our chapter.

The topic she chose was about her Italian heritage and began by talking about a famous Italian explorer named Christopher Columbus and the rhyme American elementary school children use to have to learn in school about him.

She then shared a poem she wrote about her grandmother's methods for providing lunches and dinners for the family in Italy. Other poems she shared were about capozel, which is a calf's head split in two and baked and blood pudding, traditional dishes she remembers from her past.

Both parents were born in Italy but came to America at an early age and learned to speak English as the Italian language was discouraged in America.

Italy is the cradle of civilization which includes famous artists, operas, explorers, scientists, writers, musicians, singers, saints, fashion and cinemas.

Madeline is married to Alex Salustri who is related to Carlos Alberto Salustri, a popular Italian dialect poet known by his pen name of Trilussa.

Joe Sauro read one of Carlos Salustri's poems to us in Italian and Madeline read the same poem to us in English.

Alex also entertained us by playing several Italian songs on his harmonica.

Madeline takes great pride in her heritage and shows gratitude through her writings, cooking and friendships. She said that October is a good time to pause and consider where we came.

Alex ended the program by playing God Bless America on his harmonica and everyone sang along.

Membership Pam Archer announced 3 new members joined at this meeting and 12 guests attended.



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

www.aarp5239.org

This Month's Meeting: November 18, 2019
Clubhouse Grand Hall 9:30AM

Next Month's Meeting: December 16, 2019
Community Center Luncheon 11:30AM



The Power to Make it Better

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