



PERSPECTIVES - SEPTEMBER 2021

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

As we start into fall, I want to thank you all for your support during this COVID-19 and now the Delta Variant pandemic. Here is a quote from the latest letter I received from AARP national:

“At this point, and for the foreseeable future, AARP staff are not allowed to return to normal in-person work at any of our State Offices or at AARP’S National Office in Washington, DC. However, AARP Chapter members, AARP State staff and volunteers, have the option to gather in groups of six or less people – preferably outside – and following all state/local and CDC guidance on masks. Chapters are asked to convene gatherings outdoors (when possible) and to complete a very short online form to help keep a record of all meetings and assist with contact tracing should it be needed. Also, invitations should also make it clear that participation in a gathering is optional.”

We understand your concern regarding the six-person limit and ask for your patience and flexibility as AARP continues to actively review the timing and criteria for the safe resumption of full membership meetings and other AARP events and activities.”

I welcome any and all comments as how we may continue our AARP Chapter 5239 meetings.

In case you haven't received word, I have a new home email since my previous one was hacked. Please send any emails you want to make sure I see to me at: durphyc@gmail.com. This is the best email to get in touch with me.



September Birthdays – Pam Archer

Good Wishes for a very Happy Birthday to the following members: Tina Aris, John Barnes, Ellen Bearden, Donna Bentz, Charles Brewer, Hattie Brinsfield, Jean Bunting, Mike Chewning, Gilbert Churchill, Dave Davies, Larry Donoho, Barbara Dunbar, Carolyn Durphy, Janite Hamilton, John Hughes, Barbara Lacks, Nancy Lamb, Kathy Lyon, Alice Munsell, Irene Payette, Joy Poole, Al Rico, Bill Ruark, Elaine Shirkey, Marcia Shorten, Ana Smith, Carolyn Spero, Dee Tillman, and Ann Wood



Sunshine Report – Vi Liberti

If you know of any of our members that we should send a get well, thinking of you, or sympathy card, please be sure to contact VI with that information.



Christmas in the Smokies - Pierre Payette

My dear friends in travel: The **Christmas in the Smokies** trip's departure date is approaching. The trip is still on, and I am looking forward to it.

The time has come when final payments are soon payable.

ALL payments are payable to me the first week of October, preferably by October 1st. Some of you have already paid in full, and you can ignore this request. Many have made partial payments, and some have only paid their initial deposits of \$25 per person, so this is a reminder to you.

Full costs are as follows:

Per person single occupancy	\$ 778
Per person double occupancy	\$ 599
Per person triple occupancy	\$ 569

Please deduct your \$25 deposits, and any other payments that you have made from these amounts. Contact me if you have any questions about how much you still owe.

This is a good time to cancel if your plans have changed. Please let me know as soon as you can. I have a few on a wait list to take your places. Any money that you have paid, will be fully refunded to you. **After I make final payments to White Star Tours, this offer may not be available to you.**

The next step will be White Star will make hotel and travel arrangements. I will have to provide them with a rooming list, and then I should start receiving information from them. I will keep all of you fully informed as things progress.

Please make any checks out to AARP # 5239 Mail checks to: Pierre Payette 114 Parliament St. Locust Grove VA 22508

An Added Note: I am trying to put together a trip to the Amishland and Sight and Sound Theater for possibly the last week in April. The featured presentation will be "DAVID." Further information will be provided as the trip comes together. Anyone who has seen a presentation at the Sight and Sound Theater knows what an outstanding spectacle they are.

Fundraising - Karen Kovarik

Due to lack of help and the ongoing Covid issues, Graze Restaurant is closed for the time being. We appreciate all the support they have given us and look forward to a rapid reopening.

Fish Oil Supplements - Sandie Frame

The Question: Do fish oil supplements contain mercury? **The answer:** Fish oil supplements should not have the same mercury contamination problems as has been found in some types of fish, because the fish that are most likely to contain mercury – including shark, king mackerel, and farm raised salmon – aren't used in supplement manufacturing. That said, the increasing popularity of fish oil means that it is being imported from countries all over the world, and while the factories that produce imported oil are supposed to meet Food and Drug Administration quality standards, it is possible some do not. Brands of fish oil made in the United States are safe, as this indicates the fish were domestic, and virtually all of the processing, manufacturing and other parts of the supply chain are in the U.S. Products labeled "USP Verifies," states that the product has been tested by the U.S. Pharmacopeia, a non-governmental-standards-setting authority for purity and potency. So, if you do use a fish oil supplement look at the label to be sure that it is made in the U.S. and has the "USP Verified" on the label.

Source: Women/s Health Reporter, Volume 19, Number 10 , October 2019.



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