



PERSPECTIVES - APRIL 2024

Presidents Letter - Garry Archer

First, I must give a heartfelt thanks to our Vice President, Carolyn Durphy for running the meeting in March during my absence.

As we swing into spring, our chapter looks forward to some great programs. In April we will have Mike D'Ostilio, whose topic will be the Six Pillars of Brain Health. The speaker for May will be our Orange County Supervisor, Bryan Nicol. I am excited to hear from both of them.

We also look forward to some easy-to-do community events – we will be, once again, collecting empty pill bottles with labels removed to assist a rural clinic in Virginia. We are also going to start collecting plastic bags and wraps for recycling. The plastic will be stored at Food Lion and once we have hit a thousand pounds, we will receive a bench made of recycled materials. The bench will be donated and placed somewhere here in the Lake. Details regarding collection site(s) will be coming out soon.

Speaking of community events, don't forget on Saturday, April 20th, the Licata Group will be holding a Community Shred Day from 11-2 in the Food Lion parking lot. Donations are not required but will be welcomed and then forwarded to our own LOW Fire and Rescue. On-site food trucks will also be available.

Finally, I would like to extend a special thank you to Joann Strawhun who donated back the winnings from the March 50/50 raffle!



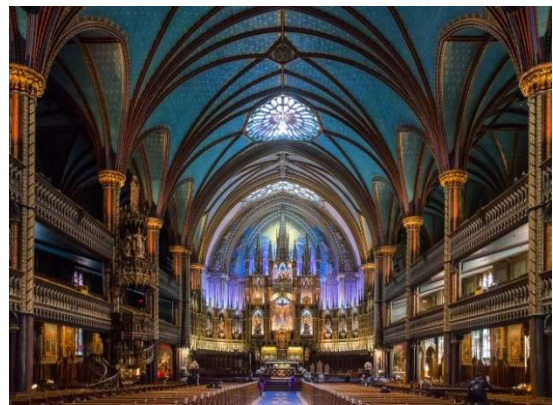
Empty Pill Bottles – Kathy Saladino

Our treasurer, Kathy Saladino has found a new clinic that would love to have your empty pill bottles. Presently the Guadalupe Free Clinic is buying these items! You know that Recycle is better than land fill. The bottles must be empty, clean and **labels removed**. Kathy used the top rack of her dishwasher for cleaning. “Goo B Gone” works well to get the gluey residue off the bottle.

A collection container will be out at our general meeting for you to gather the bottles.

TOURS AND TRAVEL – Pierre Payette

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.



Notre Dame Basilica

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 Road. Commuter Lot on Route 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 pierre114@verizon.net or 540-972 0519.

Music and Sounds – Sandie Frame

Some recent studies indicate that music can relieve stress, help you sleep, improve mental health, and possibly aid in healing. While not fully understood, researchers have looked at the brain patterns of those listening to music they like. Different sounds of music effect you in different ways.

Did you know that there are colors of sound? These would apply to the sound of music as well. Gentle background sounds can be soothing and drown out the noise of dogs barking, horns honking, even disruptive thoughts. Sound can also help mask tinnitus, the ringing or buzzing sound that some people experience in their ears.

“Sounds have no side effects, says Gina Kelly, MT-BC, a music therapist at Mayo Clinic. You can put a sound on, and if it doesn’t help you relax or focus, shut it off.”

Here are some tips for using sound.

Know your options. Perhaps you’ve never thought of sounds this way, but relaxing sounds come in different “colors” with subtle but important distinctions:

- White noise uses high and low sounds of an equal intensity, such as the hum or an air conditioner or a fan. Some people find it’s hissing sound disruptive. White noise is often used to cover up sounds in a noisy environment.
- Pink noise is lower and deeper. It is often less distracting and more calming. Rainfall, wind and rustling leaves are examples of pink noise. It is used to help people fall asleep and stay asleep.
- Brown noise is neutral. Think of a rushing waterfall or thunder. Brown noise is calming and is often used for relaxing and sleeping.

You can find background noise playlists on music streaming services. Try a few to see what works for you. The same goes for music. Try the different channels of music to see which styles offer the calming and relaxing music best for you. You might find certain sounds better for working and others for sleeping.

Also, if music is not the answer there are sound machines that can be purchased at retail stores or there are premium for-pay streaming services. Try the different styles of music before spending money.

Please Note: Sandie graciously provided us with a few articles until we can find someone else to take on this helpful assignment. **That time is NOW!** We have someone who can provide us with Mayo Clinic articles but we need a person to summarize them down to a page for our newsletter. If you are willing to do this, please contact Carolyn or Pam.



Sunshine Report – Carolyn Durphy

Don't forget to let me know if you would like a card sent to someone. Carolyn at durphyc@gmail.com.

The Six Pillars of Brain Health – Karen Kovarik

Our April 15 meeting explores brain health. Come to the Clubhouse at 9:30, and utilize one of the six pillars, socialization.

It's never too late to take charge of your brain health! We can reduce the chance of age-related diseases and optimize our chance of maintaining cognitive health by following the six pillars of a brain-healthy lifestyle which include: learning new things, staying socially engaged, exercising, eating right, sleeping better, and managing stress. This session is a good overview for anyone interested in improving their brain health and provides actionable steps to improve one's cognitive skills.

April Birthdays – Pam Archer

Showers of April Birthday Wishes to members Deena Lanier, Joseph McEuen, David Witmer and Dayle Young.





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