

PERSPECTIVES

October 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben



**PLEASE,
WE NEED
YOUR
HELP!**

It's that time again, the Election Day Chicken BBQ, is just a couple of weeks away. As in the past, we can only accomplish our goal with your continued support. I was amazed how many signed up for serving and cooking at the last meeting, however, we still have some spots to fill. As you know, all the money we raise goes to supporting local charities. Each of these charities are so appreciative of your involvement in supporting their cause.

We also have some special **ticket selling events** at the Clubhouse on October 4, 11, 18 and 25 and Security Front Gate on October 20 and 27. These will be an hour and a half time slots, so I'm trying to be respectful of your schedules. I know many of you volunteer for several organizations, so I truly appreciate whatever you can do for our chapter. Give me a call (540) 972-1847 if you want more information. I will also be sending out more emails detailing our needs as we get closer to Nov 6th.

By now you have received your tickets for this event. Hopefully you noticed that the Election Day Chicken BBQ will be held on **Nov 6th, 11 am – 6 pm, at the Lake of the Woods Community Center.** This change of venue was necessary because the lower level of the Clubhouse is now occupied until May 2019. Please complete the sale or purchase of your tickets as soon as possible so we can minimize follow-up as we get closer to the event.

Remember the words of the great Helen Keller – “Alone we can do so little; together we can do so much”.



Carolyn Rourke

OCTOBER MEETING

Program at AARP 5239

By Madeline Salustri, AARP publicity chair

Learn about LOWLINC at Locust Grove AARP 5239

Although LOWLINC celebrates its third year in Lake of the Woods, there is so much that residents can learn about this community organization. So come to the Locust Grove AARP 5239 meeting on Monday, October 15 to get the facts. Carolyn Rourke, vice chair of LOWLINC,

will narrate the origins and mission of the organization.

Carolyn has been a resident of Lake of the Woods since 2005, when she retired from a 20 year career with Marriott International Information Technology Department. At Marriott she managed IT projects and was an IT liaison to Marriott's corporate departments. Before that she spent 15 years with a national trade association in Washington D.C. She holds a B.A. in Psychology from the University of Maryland and a B.S. in Information Systems Management from the University of Maryland University College.

Carolyn's presentation will reveal interesting facts about LOWLINC. She will share "who we are; what we do; the people we serve; and whom we partner with." LOWLINC members will also share their personal experiences. Join us for breakfast snacks and fellowship at 9:30 am. The meeting begins at 10:00 am. This also an opportunity to join AARP and enjoy the myriad of benefits available. For further information call Larry Eiben at 540 840 5648.



Calling for Nominees for Directors

By Peggy Powell
Our AARP Chapter Board of Directors will have several openings for Directors in 2019. A committee has been formed to approach members asking for their service. It would be great if members would volunteer to be nominated to serve as Directors. **Please think about volunteering.**

If you are willing to volunteer as a Director, please contact one of the following members:
Peggy Powell 703-622-5401
Email: Pegpowl@aol.com
Greg Stoner 540-388-2540
Email: gstoner65@gmail.com
Judy Schage 540-972-4028
Email: jerryjnjudy@msn.com

AARP Driver's Safety Course

By Elaine Cook, Instructor



An AARP driver's safety course will be held on November 2, 2018 @ the Sweetbrier Community Center. To register contact Elaine Cook, Instructor at 703-309-4810 or email Elaine@olderandbolder.net.



Carolyn Durphy will be collecting the box tops for education coupons. All dates from 11-2017 are accepted. Leave in the container at the check-in table. Thanks to all who save.



THE LIONS FOOD PANTRY

**By Norma Ervin
Chairman Food Drive**

Please remember that we collect food at each meeting for our community. Our local Wilderness Food Pantry serves many families who need assistance with meals. Especially needed items are—canned fruit or fruit cups, pasta and pasta sauces and cereal. All types of boxed dinners and canned meats are always welcome. If you wish to donate money, cash will be collected or checks should be written to AARP Chapter 5239 with Wilderness Food Pantry on the memo line. This is a change from how we have asked for checks in the past for the Food Pantry. Thank you for all your support for our community members who need assistance.

**FUND RAISING OPPORTUNITY
Norma Ervin, Fund Raising
Committee**

DINING AT BELLS CUCINA WAS A GREAT SUCCESS. We were presented a check for \$300 for our local charities. Another opportunity for raising money will be at GENERAL'S QUARTERS on Wednesday, October 24th for lunch or dinner. The good news is we do not have to sell or buy anything to secure funds for our Orange County neighbors who have fallen on hard times. Flyers will be provided at the meeting in October.

Please invite your neighbors and friends to attend. No coupon is needed for the

restaurant. Details will be provided later for another dining opportunity on Nov. 28th at our own clubhouse. We will all be grateful to come out for a nice meal that does not involve turkey leftovers.

**SILENT AUCTION:
HOLIDAY WAKE-UP CALL**

By Karen Kovarik, Chairman

The results of our restaurant fundraisers are encouraging. You would rather eat than shop at the Silent Auction, so the auction will operate on a quarterly basis. In October, we offer an opportunity to clean out for the holidays ahead. Halloween, Thanksgiving, Christmas, New Year's. Whatever you have laid aside for another year, share it with someone who will put it to use now.

Note, whatever items are not sold may be reclaimed at the end of the meeting, or will be given to Goodwill.

You may bring the items to the meeting or phone me to arrange pick-up or delivery. (972-7866)

MEDICAL NEWS

By Sandi Frame

Spice up Your Life.

If you aren't in the habit of using spices when you cook, you may want to start - especially if you use a lot of salt when preparing or eating meals. A research article published in the October 31, 2017 issue of *Hypertension* suggests that people who use a lot of different spices in cooking to flavor their food have a lower salt intake and lower blood pressure. Salt contains sodium, which has been shown to increase blood pressure and increased risk for cardiovascular events, such as strokes. Brain imaging techniques used in the study revealed an overlap between areas of the brain that are stimulated by

salt and the areas that respond to spice. Spices increased brain activity in the same areas stimulated by salt. The researchers theorized that using more spices may modify the way the brain processes salty tastes, thereby reducing an individual's desire for added salt. While this is a theory, it may well be worth a try if you are heavy handed with a salt shaker.

Source: Volume 19, Number 7, July 2018



by Joan Albertella

A get well card was sent to Ralph Scheuermann

A sympathy Card sent to Elaine Witcher - husband's passing

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



The 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.

OCTOBER BIRTHDAYS



Pam Archer, Charlotte Baker
 Boyd Bowers, Joyce Bowers
 Barbara Brady, Susan Burt
 Susan Burt, James Fargo
 Lee Anne Hamilton
 Suzanne Jenkins, Dave Kraus
 Lea LeBar, Marti Martin
 Grace McEuen, Nell Meador
 Agatha Mucciacciaro
 Joseph Pfeifer, Bobbie Pries
 Delores Wiberg
 Marlenah Spencer

TOURS AND TRAVEL

NASHVILLE TRIP

BY Pierre Payette

There are still a few openings available for the **NASHVILLE TRIP**. Please contact Pierre at Pierre114@verizon.net. Act quickly if you are interested, as the cut-off date is fast approaching.

NASHVILLE TRIP DESCRIPTION:

Opryland Country Christmas.

4 days - 3 nights.

Sunday, Dec 2 –Wed, Dec. 5.

Nashville, Tennessee. 2 nights

stay at the **Gaylord Opryland**

Resort Hotel, adorned in all it's

Christmas splendor. Includes a

Country Christmas Dinner Show featuring **Trace Adkins**, and a Broadway-style performance at the Grand Ole Opry House. Prices are \$699 per person (double occupancy), and \$1048 per person (single occupancy). Price includes a tour of Nashville, luggage handling, taxes and meal gratuities, motorcoach transportation, and gratuity for motorcoach driver.



By Tony Quattromani

I urge all the readers of the Perspectives to read the cover story of the September issue of the AARP. The cover story, a special report: "The Dark Web" is a must read for all of us concerned with identity theft. Among other information, the article presents the top 3 ways to stop cybercriminals or identity theft:

1. Freeze your credit.
2. Monitor your accounts.
3. Use a password manager on your computer. If you use a smart phone to access your banking accounts (which I do not recommend!) use a password manager on your phone as well.

While the article is excellent and should be read by all, there are further methods that crooks use to attempt to gain your identity – email accounts and phone calls.

Do not respond to an email or to a phone call if you do not recognize the sender of the caller phone number. If a caller really needs to speak with they will leave a voice mail (then you can decide to respond or not, but remember if you do not recognize the call do not respond).

If you receive an email that looks suspicious to you delete it. Then open your trash file and delete the message again. Remember - no responsible credit company, bank, utility, commercial activity or government agency, will send you a threatening email. Do NOT Open the email, just delete it!

Examples of phishing emails I have received:

- Announcement of a \$100 cash card that I supposedly won (at Amazon or Walmart for example).
- Notification of some error in my bank account (from a bank for which I do not have an active account).
- An email from an unknown sender that starts off with a friendly greeting as if you are old buddies.

Remember if you are not sure of the sender or caller do not open the message or pick up the phone - just delete it.

**AARP CHAPTER 5239
GENERAL MEETING
SEPTEMBER 17, 2018
LOW CLUBHOUSE, LOCUST
GROVE, VA
HIGHLIGHTS OF MEETING**

By Lea Lebar

Guest Speaker Tina Aris introduced our guest speaker, Madeline Salustri, whose topic was fear of public speaking. Her professional career included teaching, library administrator and curriculum development. After retiring, she taught public speaking, lecturing and participated in the theater.

Madeline wasn't always at ease speaking to groups and because of this, she shared some of her techniques that overcame her glossophobia. Her three approaches to public speaking are:

Connection – Immediately get the audiences' attention with a story, humor or a question, but keep it short.

Content – Know your material, make eye contact with the audience, provide no more than three points to your topic, use humor and close by tying everything together.

Confidence – Be passionate about your topic, project your voice, smile, keep your hands away from your face, take deep breaths and practice.

Throughout the years, these three steps have been successfully

beneficial to Madeline and hopefully will help others.

Membership 260 people have paid their dues. No one signed up for membership at this meeting but 7 guests joined us.

Tours & Travel Pierre Payette has openings available for the Opryland trip to Nashville December 2-5. Phone Pierre at 540-972-0519 for details.

Barbara Ehlen announced that the Shenandoah Foliage Trip October 17 is sold out but she has a waiting list. She can be reached at 540-972-7710 if you want to be on the waiting list.

She is working on the Philadelphia Flower Show March 10, 2019 which is the largest flower show in the world.

Fund Raisers Norma Ervin said the Bella Cucina fund raiser acquired \$300 and the Panera Bread fund raiser acquired \$141.

The next fund raiser will be at Generals' Quarters October 24.

The Food Drive September 8 for the Food Pantry was a success.

State Contest Our Chapter has entered a State contest for the most volunteer hours from June, 2017 to June, 2018. Dave Kraus, who is in charge of volunteer hours, recorded 6,700 hours for these 12 months.

Distinguished Service Award John Trach received this award for all

the time, effort and service he provides to the community.

Chicken BBQ Volunteers are needed to sell tickets October 4, 11, 18 and 25 and to work the BBQ November 6. We were able to donate \$3,500 last year to charities because of this event.

TRIAD Tony Aris is offering the Guardian Alert 911 system to use in emergencies. If interested, call Tony at 540-972-2016.

He also stated that the Meals on Wheels Program could use more people to deliver these meals to the Orange County Senior Center on Wednesdays.

Food Pantry Stan Lasover gave a brief history on the founding of the Food Pantry by the Lions Club at Lake of the Woods. About 6,000 people were fed last year in Orange County and the surrounding area.

Future Events Art of Aging Expo will be held October 2, 9:00 a.m.-1:00 p.m. at the Germanna Daniel Technology Center in Culpeper, Virginia. This event is free. To learn more, call 540-829-6405.

AARP/LOWlinc Medicare Workshop is October 10, from 1:00 p.m.-4:00 p.m. at the Clubhouse. This workshop is free but you must register as seating is limited. Call Carolyn Rourke at 434-602-2508 or go on line to register at www.lowlinc.org.

Stage Alive – Their next concert will feature Maureen McGovern at the Eastern View High School in Culpeper, Virginia on October 4.

LOW Players will present Hello Dolly at the Community Center beginning October 12. Call Sandi Frame at 540-972-6385 or go to www.lowplayers.org for details.

Special Guest Rebecca Russell, the owner of Creative Studio in Fredericksburg, Virginia provides art parties, art classes, sip and paint and many other services. If interested, phone Rebecca at 703-973-4422.

Refreshments A special Thank You to Ann Wood and Alice Grgas for making sure we always have refreshments and to Marianne and Dave Kraus for providing beverages.

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

www.aarp5239.org

This Month's Meeting: September 17, 2018
Great Hall, Clubhouse 9:30

Next Month's Meeting: October 15, 2018
Great Hall, Clubhouse 9:30



The Power to Make it Better

OFFICERS

| | | | | |
|----------------|--------------|-------------------------|--------------|--|
| President | Larry Eiben | 221 Harpers Ferry Drive | 540-972-1847 | Larryeiben@gmail.com |
| Vice President | Peggy Powell | 103 Tall Pines Trail | 703-622-5401 | Pegpowl@aol.com |
| Secretary | Lea LeBar | 133 Parliament Street | 540-693-7592 | Llebar36@gmail.com |
| Treasurer | Dick Durphy | 1105 Eastover Parkway | 540-972-3306 | dickd9@msn.com |

DIRECTORS

| | | | | |
|----------------|-----------------|-------------------------|--------------|--|
| Director | Norma Ervin | 1313 Eastover Parkway | 540-972-0652 | normaervin@verizon.net |
| Director | Joan Albertella | 111 Patrick Henry Court | 540-972-7779 | jfa1041@comcast.net |
| Director | Ed Rowan | 139 Harrison Circle | 540-972-9936 | Rowan10_2000@yahoo.com |
| Director | Skip Poole | 262 Washington Street | 540-972-7268 | Poole123189@comcast.net |
| Director | Pierre Payette | 114 Parliament Street | 540-972-0519 | pierre114@verizon.net |
| Past President | Carolyn Durphy | 1105 Eastover Parkway | 540-972-3306 | dolph1nlvr@msn.com |

COMMITTEE CHAIRS:

| | | | | |
|-----------------------|-------------------|-----------------------------|--------------|--|
| Chicken BBQ Chair | Larry Eiben | 221 Harpers Ferry Drive | 540-972-1847 | larryjeiben@gmail.com |
| Driver Safety Class | Elaine Cook | | 703-309-4810 | Elaine@olderandbolder.net |
| Email | Dick Durphy | 1105 Eastover Parkway | 540-972-3306 | Dickd9@msn.com |
| Eye Glass Recycling | Joan Albertella | 111 Patrick Henry Court | 540-972-7779 | jfa1041@comcast.net |
| Food Pantry Liaison | Norma Ervin | 1313 Eastover Pkwy | 540-972-0652 | normaervin@verizon.net |
| Lead Greeter | Pierre Payette | 114 Parliament Street | 540-972-0519 | pierre114@verizon.net |
| Legislative | Tony Quattromani | 110 Wakefield Drive | 540-972-1324 | aquattromani@comcast.net |
| LOW Name Tags | Carolyn Durphy | 1105 Eastover Parkway | 540-972-3306 | Dolph1nlvr@msn.com |
| Medical | Sandie Frame | 103 Woodland Trail | 540-972-6385 | SandraFrame@Verizon.net |
| Membership | | | | |
| Perspectives | Peggy Powell | 103 Tall Pines Trail | 703-622-5401 | pegpowl@aol.com |
| Photographer | Bill Ruark | 216 Confederate Circle | 540-219-8261 | wtruark@gmail.com |
| 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 | Madeline Salustri | 202 Cornwallis Avenue | 540-412-2950 | madalsal@comcast.net |
| 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 |
| Silent Auction Chair | Karen Kovarik | 501 Wakefield Drive | 540-972-7866 | dkkovarik@aol.com |
| Sunshine | Joan Albertella | 111 Patrick Henry Court | 540-972-7779 | jfa1041@comcast.net |
| Tours/Travel | Barbara Ehlen | 100 Woodlawn Trail | 540-972-7710 | wisecruiser@hotmail.com |
| | Pierre Payette | 114 Parliament Street | 540-972-0519 | pierre114@verizon.net |
| TRIAD | Delores Wiberg | 35442 Wilderness Shores Way | 540-399-1531 | |
| Volunteer Hours | David Kraus | 127 Indian Hills Road | 571-334-4913 | Krausman369@gmail.com |
| Web Master | Dick Durphy | 1105 Eastover Parkway | 540-972-3306 | Dickd9@msn.com |
| Woods Cares | Jeanette Embrey | 230 Birdie Road | 540-972-0726 | lowreindeer@comcast.net |
| | Ed Bunting | 219 Washington Street | 724-523-5255 | jandebun@yahoo.com |