

PERSPECTIVES

September 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

Is Your Home as Safe as You Think?

WOW, I was impressed with the turnout of the August meeting. The subject matter (5 Pillars of Brain Health) was obviously of major interest because we had 85 combined members and non-members in attendance. Our speaker Michael D'Ostilio, Sr., did a masterful job of presenting the subject matter.

We will have Mike back in September and the subject will be HOME-FIT. It will also be a topic of major interest because more than 18,000 Americans die every year from injuries that take place in the home. Most Americans are unaware that they are able to prevent such accidents.



Falls are the leading cause of home injury deaths with nearly 6000 lives claimed per year as a result of falls in the home.

Unfortunately, falls are a common home injury threat for the elderly. Between 20-30% of adults who fall suffer from moderate to severe hip fractures, head traumas, and lacerations. As an EMT with Lake of the Woods Fire & Rescue for 10 years, I was

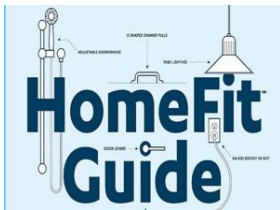
witness to many falls that could have been avoided.

While statistics about home injury are alarming; preventing them can be quite easy. Here are some simple ways to prevent the most common home injuries.

- **Clear clutter** – Instead of placing items on the floor, put them in storage rooms, bins or closets to avoid hazardous footing.
- **Get rid of rugs** – They're actually more likely to cause falls.
- **Safety-proof stairs** – Provide adequate handrails on both sides of the staircase. Adding attached carpeting or a runner to hardwood stairs can provide more traction to prevent sliding.
- **Bathroom safety** – Place grab bars and non-slip mats in your bathroom and bathtub.
- **Light it up** – Make sure there is sufficient lighting and night lights in the bathroom.
- **Wear slippers or shoes with rubber soles** – Walking around with socks makes for a slippery situation and walking around barefoot could cause you to injure your foot.

These are only a few of the many tips you will get by attending the Monthly Meeting on September 16, LOW Clubhouse, beginning at 9:30 am for coffee and snacks and the meeting starting at 10:00 am. **Remember, it is important to learn the many tips that can be taken in the home to keep accidents from happening. Each person in attendance will receive the Home-Fit Guide Book.**

**September Meeting
Program at AARP 5239**
by Madeline Salustri,
Publicity Chair AARP 5239



**Is Your Home
"Home Fit"?**

At the September 16 meeting of Locust Grove AARP Chapter 5239, Mike D'Ostilio will share valuable hints about how to keep your home Senior Friendly. Mike returns after his interesting presentation about Healthy Brainpower at the August AARP meeting.

Mike retired from the army in 1995 and from the Federal Government in 2015. He began working with AARP as a legislative volunteer in 2016 and has participated both at the state and federal level, talking with legislative officials on healthcare and care giving initiatives affecting seniors. He is also a member of the AARP Virginia

Speakers Bureau. In 2017 Mike was presented with the AARP Virginia Rookie of the Year Award.

Mike's presentation, titled, **Home Fit**, stresses the many ways we can make our homes safe as we age. So, join us to receive this important message from one of our own, an active AARP volunteer. All in attendance will receive the AARP Home Fit Guide which provides smart solutions for making your home comfortable, safe and a great fit. Come to the clubhouse Grand Room at 9:30 on Monday, September 16 to nibble breakfast treats and enjoy fellowship. The meeting begins at 10 am. For further information contact Larry Eiben 540 972 1847.

AARP Club Leaders Needed

Lee Frame, Nominating Committee

Do you enjoy the speakers and the opportunity to socialize at the AARP monthly meetings? How about the opportunities to take various trips with your friends that are offered by the club? What about the camaraderie of working with others on projects such as the election day barbecued chicken sale? All of this requires AARP members who will step up to lead the club. We need them now. We still have the offices of president, vice president and treasurer to fill. Robyn Chewing has stepped up to fill the office of secretary. With over 230 members, there should be a few of you who will stand up and take on one of these jobs to keep the club functioning. Being over 55 years old, most of our members have taken on these kinds of responsibilities in the past. So whether you have been a long time club member or joined last month you have the ability to help lead this club. There are members who have paid their dues by filling these positions in the past, but we can't burn

them out by not giving them a break. They will assist whoever stands up and takes one of these offices so don't feel that you will be alone.

The LOW NARFE chapter has closed due to lack of leaders as well as the Culpeper AARP club. The Fredericksburg club is also considering closing. With as extensive a membership that our club has, we should not have to give up. Please contact me leeframe@comcast.net if you can take on one of these offices. Let's keep this vibrant club going.

MEDICAL NEWS

By Sandie Frame

As a follow up article after our speaker on stress, I found this article in the *Wellness Newsletter* for September. "Spending 20 minutes in a park or other green space may be enough to reduce stress" was the topic. Although this was a small study, it sounded interesting. 36 urban volunteers were asked to have a "nature experience" (NE) for at least 10 minutes three or four times a week, NE was defined as spending time anywhere outdoors that made the participants feel that they were interacting with nature. They were free to choose the time of day, duration, and place according to their preferences and schedules. They could sit or stroll but not do exercise, read, have conversations or use electronic devices. Stress levels were estimated via changes in levels of cortisol and another biomarker measured in their saliva before and after an NE. This was done several times over the eight weeks of the study. The greatest changes in these stress markers occurred after 20 to 30 minutes of NE; after which benefits continued to accrue but gradually. A growing body of research has supported these findings adding that

it also has a number of psychological and physical benefits.

Over the last few years what used to be a community full of trees and open space has lost many of its trees to totally clearing lots to build houses. We are lucky because we do have parks with open spaces as well as trees. If you cannot do anything else, go to a park and look around to see what nature you can find there, be at peace and help rid yourself of any stresses you may have.

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



by Joan Albertella

Get Well card was sent to Ed Rowan

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



ANNUAL FOOD DRIVE FOR WILDERNESS FOOD PANTRY

SATURDAY, SEPTEMBER 21 will be the date for the annual collection of food to benefit the Wilderness Food Pantry. The Pantry helps our neighbor families in need throughout the year. Hours will be

10 a.m. until 2 p.m. The parking lot across from LOW Guard House will serve as the collection site.

Cash and checks are also welcome. Food Pantry staff uses this money to purchase items from the Fredericksburg Food Bank. **CHECKS SHOULD BE MADE OUT TO AARP CHAPTER 5239.** Remember that food and money donations are tax deductible! If you can help with the collection effort, please call Larry Eiben at 540 972 1847.

“It is better to give than to receive”

BIRTHDAYS

By Pam Archer, Membership



- Tina Aris, John Barnes
- Ellen Bearden, Donna Bentz
- Bruce Bolgert, Charles Brewer
- Hattie Brinsfield, Jean Bunting
- Gilbert Churchill, Dave Davies
- Barbara Dunbar, Carolyn Durphy
- Janite Hamilton, Ruby Horvath
- John Hughes, Phyllis King
- Brenda Lackey, Barbara Lacks
- Nancy Lamb, Jean MacIntosh
- Alice Munsell, Irene Payette
- Joy Poole, Al Rico
- Bill Ruark, Elaine Shirkey
- Marcia Shorten, Carolyn Spero
- Dee Tillman, Ann Wood

Chronic Disease Self Management Program (CDSMP)

By Bonnie Vermillion



Live Well, Virginia!

LOWLINC (Living Independently in our Community) and RRCS (Rappahannoch Rapidan Community Services) will sponsor

a free CDSMP workshop series beginning October 1 at the Lake of the Woods Community Center. This series will be six 2.5 hour workshops on Tuesday afternoons (1:30pm to 4pm) over a period of 7 weeks (no session will be held on October 22nd). This workshop series is open to anyone with a chronic condition (diabetes, arthritis, fibromyalgia, dementia, unexplained pain, etc.) and anyone who is a care partner of someone with a chronic condition. Topics covered include but not limited to communication with family and medical professionals, nutrition, exercise, distraction techniques, action planning, and problem solving. The leaders are not medical professionals but have been trained and are experienced with this Stanford developed program. The workshop is very interactive, and a textbook is provided. Preregistration is required and is limited to 16 participants. No one can start the series after the second week. Contact Bonnie at bonnired@comcast.net or 540-547-4824 with questions or to register. You can also register online at www.rrcsb.org/cdsmp.

WALK TO END ALZHEIMER'S

By Elizabeth Drabant



Over 5.8 million Americans are living with Alzheimer's Disease with a decline in memory or other thinking skills severe enough to reduce their ability to perform everyday activities. There is no cure for Alzheimer's.

The Alzheimer's Association (<https://www.alz.org>) invites you to join the Fredericksburg area **Walk to End Alzheimer's** on **Saturday, October 12, 2019** at the **Mary Washington Hospital campus**. Part of a nation-wide fundraising campaign, the Walk generates resources to provide and enhance care and support for families and individuals impacted by Alzheimer's, and to fund medical research to eliminate this disease.

This is a great opportunity for families, friends, co-workers, faith communities, social organizations, sports teams, teen groups, and other associations to work together to raise awareness and funding for essential care, support, and research.

Interested in helping? Here's how:

- (1) **Participate as a walker** --- join one of the 92 existing teams, create your own team (with family, friends, co-workers, etc.) or walk as an individual.
- (2) **Volunteer** --- your talents are needed for advocacy, fundraising, and logistics.
- (3) **Make a donation** --- every dollar makes a difference!

For more information and to sign up, please visit act.alz.org/2019Fredericksburg or call **800-272-3900**.

TIP OF THE DAY – SCAM ALERT!

You go into a store, check out your purchases, put your receipt away without checking it and leave the store. There have been reports of cashiers adding cash to your purchase (let's say



\$20 or more), then when you leave, they give the cash to another employee. If you discover the theft after you leave the store, there is nothing you can do about it. So, the lesson here is to make sure you carefully check your receipt when you get it, so if they have added a cash charge to your receipt, you can dispute it right away. I know we are all guilty of this at times, only checking the receipt after we get home. **Be vigilant – always check your receipts prior to leaving the store!**

AARP Legislation Update
By Ed Bunting

President Trump has ordered the Department of Health and Human Services to propose rules under which states, wholesalers and pharmacies could buy prescription drugs from Canada. An editorial in a recent edition of the Texarkana, Tx Gazette commented "It sounded like a smart idea - but it's not. First, the plan Trump announced won't cover some of the most expensive drugs, including modern forms of insulin and many cancer medicines. Trump didn't actually change the rules; he

merely asked HHS to support 'pilot programs' in states that want to try importing drugs. It may take years before any plans are up and running and that's if the pharmaceutical industry doesn't succeed in stopping them first.

Numerous states are, in fact, already working on legislation to allow their citizens to turn to Canada. Folks in Canada, however, might have something to say about it. There has been concern that large-scale U.S. imports could exacerbate the drug shortages that are already a problem in our neighbor to the north. In July, 15 groups representing doctors, patients and pharmacies sent an open letter to Canada's health minister warning about the potential problems. "The Canadian medicine supply is not sufficient to support both Canadian and U.S. consumers," it states. "The supply simply does not, and will not, exist within Canada to meet such demands."

The Trump Administration is currently going head to head with Big Pharma on a proposal that would lower the prices of drugs at least to overseas rates, which is a significant measure. A bit of light at the end of a long tunnel?

"Social Security isn't in crisis. It just needs a tune up," says Nancy Altman in a commentary in the August 14, 2019 edition of The Los Angeles Times. The president of Social Security Works, Altman continues: "We are still 16 years away from a blown engine. The common-sense maintenance needed is twofold. Congress should increase Social Security's revenue, as it did every other year, on average, between 1950 and

1983. And Social Security benefits, which average only about \$16,000 a year per person, should be increased. This is particularly important given that the country is facing a looming retirement income crisis which means Social Security will be more important than ever. Only 22% of today's workers have traditional pensions, and nearly half of those 55 and older have no retirement savings." Ms. Altman participated last month as one of five witnesses in a House Ways and Means Committee hearing concerning the Social security 2100 Act.

TOURS AND TRAVEL

Fall Foliage Train Ride:

By Barbara Ehlen



Come join us for a journey back in time on a vintage train through the scenic countryside of Maryland including a picnic lunch on board. Saturday, October 26, 2019 Price: \$85.00



Holidays in New York City:

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.



**See the Nationals Play Ball!
Baseball Trip Sept. 26, 2019
By Dave Kraus**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Thursday, Sept. 26, and the opponent is the Philadelphia Phillies, who have a player named Bryce Harper. The game starts at 4:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 1:00.

The trip is open to the entire LOW community and beyond. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. **Your reservations cannot be made until we have**

received payment [check(s)]. Seats will not be held without payment. Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Please mail your checks to Dave Kraus (127 Indian Hills Rd.), or give your checks to Dave or Nick Duy (606 Cornwallis Ave.). We're both in Locust Grove 22508.

Questions? – Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)).

PLEASE NOTE: Our AARP chapter cannot guarantee, most notably in the case of inclement weather, that the game will be played or that it will not be suspended after starting. We are not responsible for your non-refundable ticket cost or any fee owed the bus driver. We cannot provide transportation to a make-up game. Questions? Contact Dave or Nick.

**Christmas Village Thursday,
December 12, 2019
Baltimore MD, Inner Harbor
By Pierre Payette**

The trip to Baltimore Christmas Village on December 12 is "FULL." A wait list is being formed with no obligation to those on the list. Listees will be called in the order they appear on the list, when openings occur.

If interested in being added to the wait list, call Pierre at 540-972-0519.



Lake of the Woods Volunteer Fire & Rescue Company

By John P Farrell Jr.,
Volunteer Firefighter

We hope that you enjoyed our inaugural article in your monthly *Perspectives*. As mentioned, your Lake of the Woods Volunteer Fire & Rescue Company has partnered with AARP Locust Grove Chapter 5239 in order to share some safety messages as part of our Community Risk Reduction efforts. We hope you find our second installment helpful and informative. We look forward to your feedback.

A short disclaimer, as mentioned in our previous message, we want all members to know when and feel comfortable with calling 9-1-1 in the case of an emergency. Remember in the event of an emergency, please call 9-1-1 first before you notify anyone else. We want to get first responder notified as soon as possible. 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 911 and letting the call-taker determine whether you need emergency help. For our Lake of the Woods residents calling 911 will also allow for Fire & Rescue and LOW Security to be alerted to assist with responding to your needs.

Now on to our second installment of a four-part series.

Knowing what you can do to help mitigate injuries in the event of a fire, or fall, is particularly important for seniors. *Remembering When: A Fire and Fall Prevention Program for Older Adults*, was developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help keep a senior safe within their home. This program is built around 16 key safety messages – eight fire prevention and eight fall prevention. Please take a moment to familiarize yourself with these safety tips.

How to Prevent Fires

To increase fire safety for older adults, NFPA offers the following safety tips and guidelines:

❖ **Smoke alarms save lives.**

- Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. Make sure everyone in your home can hear the alarm. Test regularly.

❖ **Plan and practice your home fire drill and escape plan.**

- Plan two ways out of each room in your home and two ways out of your home. If the smoke alarm sounds, get outside and stay outside.

- ❖ **Know your local emergency number(s).**
 - Call 9-1-1 in the event of an emergency. Once you have gotten outside, stay outside and call your local emergency number from your cell phone or a neighbor's phone.
- ❖ **Plan your escape around your abilities.**
 - Have a telephone near your bed in case you are trapped by smoke or fire. Have other necessary items near your bed including: medications, glasses, wheel chair, walker, cane or scooter.

**August 19, 2019
HIGHLIGHTS OF GENERAL
MEETING**

By Lea Lebar

Guest Speaker Tina Aris introduced the guest speaker, Mike D'Ostilio, who retired in 2015, became a legislative volunteer with AARP in 2016 and began speaking to legislative officials concerning senior's healthcare and care giving.

His subject at our meeting was The Five Pillars of Brain Health. These five pillars are: Discover, Connect, Move, Nourish and Relax. Some examples are:
Discover – Take or teach a class, learn a new language, take dance lessons, play challenging card or board games.

Connect – Stay socially engaged with friends, family and community, avoid isolation, get a pet, volunteer.

Move – Get at least 150 minutes

a week of exercise. Physical activity helps repair and perfect brain chemicals, increase circulation, reduce anxiety, improve sleep, reduce the risk of diabetes, depression and strokes.

Nourish – Eat less meat and sweets, consume more fish and seafood, nuts, beans, whole grains, vegetables, olive oil, water.

Relax – Exercise, meditate, take a nap, laugh and smile, get a good night's sleep.

Some of the risks and threats to brain health are: smoking, depression, certain medications, hearing and vision loss, heart disease. By practicing the Five Pillars you can maintain a healthy brain.

Resources on this subject can be found on AARP Brain Health and AARP **learn@50+** websites.

Membership Pam Archer reported 3 new members and 11 guests at our meeting. We have 230 members to date.

Fund Raisers Karen Kovarik stated that Harry's Alehouse fund raiser on July 29th was a huge success. A check for \$488 was presented to Larry Eiben, President, from Greg Stoner on behalf of Harry's Alehouse

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

www.aarp5239.org

This Month's Meeting: September 16, 2019

Clubhouse Grand Hall 9:30AM

Next Month's Meeting: October 21, 2019

Clubhouse Grand Hall 9:30AM



The Power to Make it Better

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Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
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Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
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COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryjeiben@gmail.com
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Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@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
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