



## PERSPECTIVES - MARCH 2022

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

With February being a short month here we are again with another Perspectives. On the day we are writing this, our temps have been in the 50's 60's, and 70's for the past week or so. Who knows how to dress!!! But we sure are all loving this warm weather.

We've missed having our monthly meetings and other events over the past two years. Our officer terms have expired and most of our director terms also. For the chapter to continue we need to elect a new slate. Please contact Garry Archer (Nominating Committee chair) if you would consider serving in any officer or director position. We regret to report that Joe McEuen, our treasurer, has already resigned and turned over all his records.

Now for the good news!! Mark **Monday, May 16<sup>th</sup> at 9:30am** for coffee and refreshments at the clubhouse. Jim Dau from state AARP will be joining us. This is a very important meeting, as we will be discussing the future of Chapter 5239. We cannot continue without officers and directors. There will be no dues collected at this meeting. An announcement will be in the *Lake Currents* in April.

Just a further note the following holidays are being celebrated this month. On March 2<sup>nd</sup> we celebrated Ash Wednesday, on March 13<sup>th</sup> daylight savings time will begin with moving the clock ahead 1 hour, on March 17<sup>th</sup> is St. Patrick's Day, and on March 20<sup>th</sup> is the first day of spring.



### **March Birthdays - Pam Archer**

Lots of birthdays this month! Happy, sunny wishes to: Gordon Bentz, Frank Buttimer, Robyn Chewning, Connie Connon, Gina Davies, Carol Donoho, Jeanette Embrey, Peggy Grella, Thomas Hamilton, Joyce Haring, Mary Hoffman, Lee Huminik, Alita Irby, Marianne Kraus, Bill Lanier, Violet Liberti, Maurice Moody, Sharon Montie, Pamela Nalls, Joe Nolan, Phyllis Pulice, Elizabeth Scheuermann, Gary Sibley, Sue Simmons, Gail Stoner, and Gerald Young



### **Sunshine Report - Vi Liberti**

Sad to report that our dear Vi fell and broke her hip and elbow. As of this date she is in rehab and slowly on the road to recovery. Please feel free to send her a card at 115 Parliament Street, Locust Grove, VA 22508. Frank goes to see her everyday and will take her mail to her. Carolyn went to see her on Monday, the 28<sup>th</sup> and she is doing well and in good spirits.

**Diabetes Distress or Burnout** (Actually, most of this can apply to distress or burnout over most conditions) – Sandie Frame

Many people feel stress about the challenges of dealing with diabetes and other chronic conditions. Sometimes these feelings can be overwhelming. Sometimes these feelings come in waves. These are common responses to life with diabetes (and many other chronic conditions in life) and can affect your motivation, making it hard to manage our condition. This can lead to more setbacks, which can lead to more distress or burnout.

Taking care of your emotional health is as important as taking care of your diabetes. You can be proactive. Try these suggestions:

*Get professional support.* If you have been struggling with feelings of distress for several weeks or that you are starting to pull back from your self-care routine, it may be time to seek help from your diabetes care team. Your team can help you develop strategies to ease those burdens and work through barriers.

*Voice what you are going through* – Don't isolate yourself. Talking to family, friends or other people with diabetes can ease your distress and help you see the bigger picture. It can be as simple as saying you need to vent a little after a stressful day or that you need a bit of extra support.

*Share the load.* Can you involve your family in your daily care? Help you watch your glucose levels, medications or even finance issues if needed?

*Simplify.* Get help from your care team to see if you can change any of your routine to make things *easier*.

*Make changes one at a time.* If you need to make more than one change, pick the one easiest to achieve then move on to the next.

*Be kind to yourself.* No one gets it 100% right. If you have had a bad day or several bad days, show yourself compassion then move on. Life is not static and neither is your diabetes. Your condition may change over time, causing your treatment plan to shift along with it. Strive to accept what you can't control and aim to change what you can. Have faith in your ability to deal with and adapt to whatever situations you encounter.

Source: *Mayo Clinic Health Letter*, Volume 40, Number 3, March 2022

## AARP Tax-Aide – Pam Archer

LOW AARP Tax-Aide Preparation continues at the Lower Level of the Clubhouse on Fridays and Saturdays from 9am-1pm through April 15th. There are still appointments available but they are going fast. Please pick up your information packet from the Wilderness Branch Library and call our scheduler at 540-318-0345 to make your appointment. You will need to fill out your tax packet at home before you drop it off during your appointment.





**AARP 5239  
PO Box 945  
Locust Grove, VA 22508**

[www.aarp5239.org](http://www.aarp5239.org)

**AARP Chapter 5239 Officers, Directors and Committee Chairs**

**OFFICERS**

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com"><u>durphyc@gmail.com</u></a>
Vice President	Paul Conrad	216 Wilderness Ln	540-993-9459	<a href="mailto:paulattylaw@yahoo.com"><u>paulattylaw@yahoo.com</u></a>
Secretary	Beth Drabant	530 Harrison Cir	703-399-4769	<a href="mailto:ead333@yahoo.com"><u>ead333@yahoo.com</u></a>
Treasurer	Vacant			

**DIRECTORS**

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	<a href="mailto:dkkovarik@aol.com"><u>dkkovarik@aol.com</u></a>
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	<a href="mailto:jerrynjudy@msn.com"><u>jerrynjudy@msn.com</u></a>
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	<a href="mailto:gstoner65@gmail.com"><u>gstoner65@gmail.com</u></a>
Director	Al Rico	102 Tallwood Trl	501-400-2527	<a href="mailto:alrico@peoplepc.com"><u>alrico@peoplepc.com</u></a>
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com"><u>archers0526@gmail.com</u></a>
Past President	Vacant			

**COMMITTEE CHAIRS**

Chicken BBQ Chair	Vacant			
Driver Safety Class	Vacant			
Email	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com"><u>archers0526@gmail.com</u></a>
Food Pantry Liaison	Garry Archer	1101 Eastover Pkwy	540-907-7579	<a href="mailto:archers0526@gmail.com"><u>archers0526@gmail.com</u></a>
Lead Greeter	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net"><u>pierre114@verizon.net</u></a>
Legislative	Vacant			
LOW Name Tags	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com"><u>durphyc@gmail.com</u></a>
Medical	Sandie Frame	103 Woodland Trl	540-972-6385	<a href="mailto:sandieframe@comcast.net"><u>sandieframe@comcast.net</u></a>
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com"><u>archers0526@gmail.com</u></a>
Perspectives	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com"><u>durphyc@gmail.com</u></a>
	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com"><u>archers0526@gmail.com</u></a>
Photographer	Bill Ruark	216 Confederate Cir	540-219-8261	<a href="mailto:wtruark@gmail.com"><u>wtruark@gmail.com</u></a>
Program Co-Chair	Bill Ruark	216 Confederate Cir	540-219-8261	<a href="mailto:wtruark@gmail.com"><u>wtruark@gmail.com</u></a>
	Joan Albertella	111 Patrick Henry Ct	540-972-7779	<a href="mailto:jfa1041@comcast.net"><u>jfa1041@comcast.net</u></a>
Public Relations	Vacant			
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Rd	703-298-1074	<a href="mailto:krausman369@gmail.com"><u>krausman369@gmail.com</u></a>
Refreshments: Goodies	Ann Wood	110 Green St	540-972-3326	<a href="mailto:callwood@aol.com"><u>callwood@aol.com</u></a>
	Rani Manhard	310 Hillside Dr	540-972-7859	<a href="mailto:ranilow@verizon.net"><u>ranilow@verizon.net</u></a>
Sunshine	Vi Liberti	115 Parliament St	540-972-1272	<a href="mailto:parliament115@verizon.net"><u>parliament115@verizon.net</u></a>
Tours/Travel	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	<a href="mailto:wisecruiser@hotmail.com"><u>wisecruiser@hotmail.com</u></a>
	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net"><u>pierre114@verizon.net</u></a>
TRIAD	Delores Wiberg	35442 Wilderness Shores Wy	540-399-1531	
Volunteer Hours	Dave Kraus	127 Indian Hills Rd	571-334-4913	<a href="mailto:krausman369@gmail.com"><u>krausman369@gmail.com</u></a>
Web Master	Sandy Davis	108 Cedar Ct	304-629-1662	<a href="mailto:sandyd111111@gmail.com"><u>sandyd111111@gmail.com</u></a>