

PERSPECTIVES

March 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

In Like A Lion, Out Like a Lamb”

Sometimes, the days and months just pass by without us realizing it because of our hectic daily routines. If you pay closer



attention, each day and month is special; it has certain importance associated with it.

I'm sure most of you have heard the old saying about March, "In Like a Lion, Out Like a Lamb". What this means is that if the weather is terrible at the beginning of the month, it will probably be calmer and warmer at the end of the month.

However, our weather patterns have not been consistent lately. Take for example the recent snowfall that snuck in through the night with 30+ degree weather and then the following day the temperature was in the 60's, go figure! March is normally gusty and rainy at the beginning and toward the end of March the temperature is rising. With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances.

Forget the weather for now and enjoy the following facts about March:

- International Women's Day is March 8th.
- Daylight savings time begins Sunday, March 10, at 2:00 A.M. Don't forget to set your clocks forward.
- The Ides of March falls on March 15 and has long been considered an ill-fated day. Beware the Ides of March!
- **Green Beer** on St. Patrick's Day March 17.
- March Madness – NCAA Men's Basketball Tournament begins Tuesday, March 19, 2019.

I leave you with this quote:

***“With rushing winds and gloomy
skies,
The dark and stubborn Winter
dies,
Far-off, unseen, Spring faintly
cries,
Bidding her earliest child arise;
March”***

MARCH MEETING

Program at AARP 5239

By Tina Aris, Program Chair

The Wilderness Branch Library

Branch Librarian Michele Beamer joins AARP Chapter 5239 on March 18, to share the great things that the library system has to offer and why it is such a valuable resource for our community. Michele has worked for the Orange County Public Library System's Wilderness Branch since June 1999. She has a B.A in International Affairs from Mary Washington College (1991) and a Masters in Library Science from The Catholic University of America (1999)

Michele believes you don't have to be an avid reader to enjoy the library. The library offers something for everyone, and she hopes by the end of her presentation, everyone will want to have a library card.

Join us on Monday March 18 in the Grand Room of the Clubhouse at 9:30 AM for fellowship and breakfast treats. The meeting begins at 10. For further information please call Larry Eiben at (540) 840-5648.



THE LIONS FOOD PANTRY

By Norma Ervin

Chairman Food Drive

Please remember that we should be generous in our food collection at our

March meeting. Many seasonal workers are missing paychecks due to the cold weather. Canned green beans and corn are available from the Food Bank in town so the pantry is well stocked with those two vegetables. Hot and cold cereals, canned fruit, vegetables such as peas, carrots and mixed vegetables and pork and beans are welcome by the clients. Boxed dinners and canned meats are always needed. Our local Wilderness Food Pantry serves many families who need assistance with meals. 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.

MEDICAL NEWS

By Sandle Frame

The No Flush List

You recycle, you compost and you think before you throw things in the trash. Chances are, you flush some things down the toilet that you should not. What's the harm? Plenty, according to experts at waste management, who are the ones dealing with the mess when these items clog the system, causing overflows and threatening the safety of our water supply as well as aquatic life in general. Only human waste and toilet paper should be flushed. Here are some of the worst things to flush:

- **Wet wipes** often do not breakdown and can combine with other wipes and waste to form giant globs of indestructible detritus. New York City officials have estimated that they spent \$18 million dealing with wet wipe problems between 2110 and 2015.

- **Flushable wipes. Dental Floss:** They can gum up septic and municipal sewer systems and pumping stations, snagging other materials and creating knotty problems.
- **Hair:** Long hair can get caught in the machinery of septic systems pumps combining with other materials to create clumps that block pipes, particularly in the joints where they bend.
- **Cigarette butts:** These contain toxic chemicals and are not biodegradable.
- **Disposable contact lenses:** As many as 1 in 5 users dispose of their contacts in the toilet or down the sink. Researchers from Arizona State University estimated that each year 7 to 11 tons of plastic lenses end up in waste water in the US alone, contributing to growing “microplastic pollution” of our waterways.
- **Expired or unused medications:** Somewhere we were told that is was OK to flush drugs. No so, Chemicals in them end up inn waterways where they can harm fish, and in drinking waters. It’s best to take old medications to facilities who take part in the government’s National Prescription Drug Take Back Day program. Otherwise, the FDA advises mixing the drug with coffee grounds, kitty litter, or anything else that is utterly unpalatable. Then seal it in a disposable bag container and throw it in the trash.
- **Other thing not to flush:** Sanitary napkins, tampons (that may surprise some women), condoms (that may surprise some men), cotton balls and pads, and bandages.

Source: University of California, Berkeley, **Wellness Letter**, December 2018



by Joan Albertella

Get -Well cards were sent to Sally Denton

Thinking of you Cards were sent to Lea LeBar, Dick and Kathleen Bradie, Madeline Salustri

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

MARCH BIRTHDAYS



Gordon Bentz, Frank Buttmer
 Connie Connon, Gina Davies
 Jeanette Embrey, Norma Ervin
 Joan Greene, Peggy Grella
 Thomas Hamilton, Joyce Haring
 Mary Anne Hartzel, Lee Huminik
 Alita Irby, Marianne Kraus
 Bill Lanier, Mary Jane Lee
 Violet Liberti, Maurice Moody
 Sharon Montie, Pamela Nalls
 Joe Nolan, Phyllis Pulice
 Anthony Quattromani
 Elizabeth Scheuermann
 Stephanie Sloan, Gail Stoner
 Chris Ward, Gerald Young



2019 AARP CHAPTER 5239 DUES

If you haven't paid your annual dues of **\$10**, you can pay your dues at the Monthly Chapter Meeting on March 18, Clubhouse, by visiting the desk of our Treasurer, Mr. Dick Durphy. Another option would be to mail in your check for \$10 to the following address:
AARP CHAPTER 5239
P. O. BOX 945
LOCUST GROVE, VA 22508



FREE TAX PREPARATION SERVICE

AARP Foundation is offering free tax preparation services at the Community Center every Friday and Saturday from 9am to 1pm. Call **540-268-8837** to make an appointment.

AARP Legislation Update

By Ed Bunting

Television drug commercials are coming under close scrutiny, as are the prices of those drugs. Direct-to-consumer (DTC) advertising aims to get viewers to "talk to your doctor" about brand name drugs. This is a practice that is banned in nearly every nation except the United States and New Zealand. Research from the Food and Drug Administration (FDA) indicates that primary care physicians and specialists feel that DTC confuses patients about the relative risks and benefits of drugs." And a recent survey of over 900 physicians revealed that three-fourths of the responding doctors believe the ads make patients "think drugs work better than they really do."

Drug pricing was the topic of a congressional question and answer session on Tuesday, February 26, involving CEO's of seven major drug companies. It will be interesting to see what outcomes, if any, will be the end result. The first significant congressional inquiry into rising drug costs and drug company profits were led by Senator Estes Kefauver in 1959 and 1960 - sixty years ago. That confrontation led to new legal standards for drug safety and effectiveness, but cost control measures were never included in the final bill.

Something to ponder - television ads will soon include prices. Will this be an assist to us consumers?

TOURS AND TRAVEL



Casino Magic Connecticut

By Pierre Payette

3 days - 2 nights
 Tues - Thurs May 21 - 23
 \$339 per person dbl occupancy

2 nights lodging at Great Cedar Hotel in Foxwoods Casino Complex. Foxwoods Casino is the largest casino in the world and includes 6 casinos with over 7000 slots and almost 400 table games. Bonus package at Foxwoods includes \$35 meal voucher and \$20 slot play. Also visit Mohegan Sun Casino and receive a bonus package of a meal voucher and cash bonus. Visit to Olde Mistick Village.

Includes motorcoach transportation, 2 nights lodging, meal vouchers, free slot play and all taxes and gratuities.

It doesn't matter if you like high energy gaming and entertainment or prefer spending your time in the shops or spas. There is so much to do and so many places to do it at Foxwoods. 34 restaurants, 80 outlet stores, 7,000 slot machines, 250 gaming tables, a BINGO Hall, and so much more!

At Olde Mystick Village, you can stroll the beautiful lanes and enjoy shopping in distinctive buildings designed to represent a New England Village of about 1720.

Flyer for this trip can be found at <http://www.aarp5239.org>; under downloads.

Call Pierre Payette at 540-972-0519, or 540-226-2871.
 Email pierre114@verizon.net
 \$25 deposit at sign-up.

CUT-OFF IS MARCH 30!

***** Please get together with your friends and support this trip, or I will be forced to cancel as I did the Myrtle Beach trip. *****



**AARP Chapter 5239 Nats Bus Trip
 May 16, 2019**

Happy New Year to you Nationals fans and AARP Chapter 5239 bus trip participants!

Our first trip for 2019 is planned. The date is Thursday, May 16, and the opponent is the dreaded New York Mets. The game starts at 1:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 10:00.

\$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.

Mail your checks to Dave Kraus (127 Indian Hills Rd.), or give your checks to Dave, John Trach (104 Constitution Blvd.), or Nick Duy (606 Cornwallis Ave.). Questions? – John (972-4883); Nick (972-0350); Dave (krausman369@gmail.com; 571-334-4913).

Let's try this again: World Series or bust!



**AARP SMART DRIVER COURSE
for Seniors**

Tuesday, 16 April 2019

**by Elaine Cook, AARP Volunteer
Instructor**



Seniors, refresh your driving skills in Classroom 1 in the Sweetbriar Community Center from 9 AM – 5 PM. You must be present the entire class time. The **one-day** course has a working lunch so **please bring a brown bag lunch, and maybe snacks and a drink** since there will be no time to go out to lunch. There will be coffee in the morning.

To register, call Elaine at 703-590-4343 (cell), or email at Elaine@olderandbolder.net. The cost is \$15 for national AARP members and \$20 for non-members. Please bring your check to the class on April 16 and make checks payable to AARP. Please bring your Driver's License and your national AARP card (if applicable).

You will learn: defensive driving strategies; new traffic laws; and ways to reduce your chances of having a crash. Upon completion, you can receive a three-year discount on your car liability insurance if your provider participates.

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

www.aarp5239.org
This Month's Meeting: March 18, 2019
Great Hall, Clubhouse 9:30

Next Month's Meeting: April 15, 2019
Great Hall, Clubhouse 9:30



The Power to Make it Better

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	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
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