



PERSPECTIVES - JULY 2022

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

It is so good to be back!! We hope you all enjoyed the picnic that was held on June 20th. There were about 40 of us and we all had a good time. The wonderful news is that we are going to continue as an AARP chapter. There will be a monthly meeting on **Monday, July 18th** starting at 9:30am for refreshments and the meeting starting at 10:00am. We are happy to announce the new slate of officers that you will be voting on at this meeting. Pierre Payette – President, Garry Archer – Vice President, Kathy Saladino – Treasurer, and Beth Drabant – Secretary. Some other people who have agreed to take/continue positions are Pam Archer – Membership, Bill Ruark and Joan Albertella – Programs, Ann Wood and Rani Manhard – Refreshments, David and Marianne Krause – Coffee, Karen Kovarik – Public Relations, Vi Liberti – Sunshine, Sandra Davis – Web Master, and Carolyn Durphy and Pam Archer the monthly newsletter.

We are looking for five members who would be willing to serve as Directors. The members of the Board of Directors who are not officers serve as liaisons to the committees. The primary responsibilities of Directors in this role are to help recruit committee members, help find a replacement for outgoing chairpersons, and serve as communications links between the committees and the BOD. Each January, those BOD members jointly will determine to which committees they will serve as liaisons.

Saturday, July 2nd at the Parade and on the Point – Carolyn Durphy

What a great day it was!! Wonderful parade, ski show and fireworks. There was a great turn out of people having a great time. I want to give a big thanks the following people that helped me out at the AARP Table: Tina & Tony Aris, Sandy Davis, Kathy Saladino, Joan Albertella, Garry & Pam Archer and Al Rico.

Membership Dues– Pam Archer

Since we have decided to continue our chapter we now will begin collecting dues for 2022. There is a small handful of people who either paid in advance or sent in checks but pretty much all of us owe our \$10 for each member (\$20 per couple) for 2022. We will have someone at the July 18th meeting to collect dues (checks preferred) or you can mail a check to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508.



Christmas at the Biltmore House – Pierre Payette

Our trip is from December 6 through December 9. It is for 4 days and 3 nights and will include 3 breakfasts, 3 dinners, a daytime visit to the Biltmore grounds and guided tour of Asheville which will include the Folk Art Center, Blue Ridge Mountain Opry and more.

The price is \$699 per person for double occupancy and \$220 additional for single occupancy. This price will include luggage handling, taxes and meal gratuities.

You may see a more detailed write-up on the website at www.aarp5239.org under “downloads.”

Looking forward to traveling with you again.



Summer Eating – Sandie Frame

No Cooking, No Worries

Sometimes, a quick trip to the refrigerator, freezer or pantry determines what you eat. Even if you are sick of cooking or lack the time for it, healthy eating can still happen. Here, are tips to stay healthy when cooking from scratch is not an option.

Grab and go, not grab and gorge. When hungry you'll tend to eat what's visible and easily consumed. Make sure you are stocked with whole or minimally processed foods that require little or no prep. These include canned or pouched fish, whole fruits such as apples and bananas, raw vegetables such as baby carrots and mini cucumbers, snacks such as nuts and granola bars, and drinks such as bottled water (We keep two refillable water bottles in the fridge) and sugar free beverages. Consider buying snacks packed as single servings or pre-portion them into smaller bags. It is easy to mindlessly consume more than one serving when eating directly from a large container.

Less is more. Choose boxed, frozen and prepackages meals with a short list of ingredients that look familiar to you. A long list of ingredients, especially with complicated names, tends to indicate that artificial flavors, colors and preservatives have been added. Also, stick to options with lower sodium, sugar and saturated fats. Check the nutrition label on frozen meals for calorie, fat and additives.

Choose veggie toppings. Frozen pizza is a quick dinner fixture, but you are better off without meat toppings. That's because processed meats tend to be packed with sodium and contain high levels of nitrates, which have been linked to cancer and heart disease. To make a more nutritious meal, add sliced mushrooms or tomatoes to your pizza and pair with salad from a bag – another quick and healthy choice. Salads can be meals by themselves when adding hard boiled eggs, cheese, maybe some leftover meat (from a meal you did cook) or purchase packaged at the store and a light dressing.



July Birthdays – Pam Archer

Wishing a *Sparkling* July Birthday to: Tony Aris, Julia Barnes, Joann Batten, Dorothy Beucler, Marcus Birdsong, Robin Chubak, Alan Clune, Karen Cox, Janet Daniero, Albert Desoiza, Walter Diercks, Barbara Drumheller, Sandra Frame, Sandra McNeilly, Ruth Pavlik, Peggy Pope, Doris Schluter, Veronica Schuettenberg, William Schuettenberg, Barbara Smith, Margaret Thode, Sharon Webb, and Cliff Wilks.



Sunshine Report – Vi Liberti

If you hear of anyone in our chapter who is ill or in the hospital or has had a death in the immediate family please let Vi know so she can send a card. Her phone number is 972-1272.



NOTICE: If there is anything you would like to see or share in *Perspectives*, please let Carolyn or Pam know. We are always looking for interesting tidbits or news.



AARP 5239
PO Box 945
Locust Grove, VA 22508
www.aarp5239.org

AARP Chapter 5239 Officers, Directors and Committee Chairs

OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Vice President	Paul Conrad	216 Wilderness Ln	540-993-9459	paulattylaw@yahoo.com
Secretary	Beth Drabant	530 Harrison Cir	703-399-4769	ead333@yahoo.com
Treasurer	Vacant			

DIRECTORS

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerrynjudy@msn.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	gstoner65@gmail.com
Director	Al Rico		501-400-2527	alrico@peoplepc.com
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Past President	Vacant			

COMMITTEE CHAIRS

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