

# PERSPECTIVES

**AARP Locust Grove Chapter 5239**

web-site [www.aarp5239.org](http://www.aarp5239.org) e-mail [aarp5239@yahoo.com](mailto:aarp5239@yahoo.com)

July 2017

## PRESIDENT'S LETTER



by Carolyn Durphy

***"You're a grand old flag, you're a high-flying flag and forever in peace may you wave."***

Do you believe that it is July already? First for the month of June was our VIN Etching day on Tuesday, June 6<sup>th</sup>. Thanks go to Larry Eiben, Peggy Powell, Carla Wascalus, John Trach, Dick Durphy, Annette Tingler, Jan Shifflett with TRIAD and Kelly Limbaugh & her daughter Hanna, (who are new to LOW and not members of AARP), for making the day a success. It was a beautiful day and we had roughly 30 cars come through. The staff from HEAT said that it was a good number it being a week day.

What a wonderful day we had for our annual picnic! There were about 75 of our AARP family that met at the Sweetbriar picnic pavilion on Monday, June 19<sup>th</sup>. Thank You to Dick Durphy & Bob Johnson who served up about 100 hot dogs and hamburgers. Ann Woods, Alice Grgas, & Rani Manhard who did the lovely table decorating. Marianne & Dave Krause who did all the food buying and the drinks. Joe Wascalus for doing the 50/50 drawing. Dante' for getting the extra tables for food, the sound system & the flag and then for taking everything back into the community center. AND last but not least, all the members who brought all the great food!!! To wrap up a very enjoyable luncheon, Tina Aris sang a senior citizens version of Julie Andrews' "My Favorite Things".

Fourth of July – What a great day weather-wise. Many, many thanks to the folks who helped. Starting with the parade with Ray Warham driving the golf cart, loaned to us by Tony & Tina Aries, and to Carla Wascalus for walking with me to help carry the banner. At the table on the point we had helpers including Lea LeBar, Marlene Warham, John Trach, Carla Wascalus, Pam & Garry Archer, and Dick Durphy and myself. We signed up Michael and Sharon Montie as new members and obtained a lot of good publicity for our AARP chapter from the parade and our table.

We went home after the table was taken down on the point and went out to dinner. Came back about 6:30PM and were able to find a parking spot right off!! Wonders of wonders! Weren't the fireworks beautiful? It was the ending of a very enjoyable day in our community. Hope you all had a good time too!

I look forward to seeing you on Monday, the 17<sup>th</sup> for our next meeting.

Last thought for the day: **"Always keep your words soft and sweet just in case you have to eat them!"**

## **JULY 17 MEETING**

**Learn About Fusion Physical Therapy at AARP 5239**

by Madeline Salustri, *Publicity*



Dr. Travis Stoner.

Don't miss this informative meeting! At the July 17 meeting we will welcome guest speaker Dr. Travis Stoner. Dr. Stoner is a practitioner of Fusion Physical Therapy. He

opened a Fusion Therapy facility as an operator in Woodbridge in 2012. Since February 2017 he has been the owner of an outpatient facility located in Spotsylvania, VA. It will be “family time” because Dr. Stoner is the son of Gail and Greg Stoner, AARP members and residents of LOW.

Dr. Stoner will discuss vertigo, a topic of great interest to many seniors. His presentation will highlight the definition of vertigo, a discussion of the anatomy of the vestibular system, common causes of vertigo and self-treatment of the most common types of vertigo.

Dr. Stoner holds a B.S. in Kinesiology and a Doctorate of Physical Therapy from Shenandoah University and is a Certified Orthopedic Manual Therapist. He is currently a fellow in training in Orthopedic Manual Therapy.

He has had twelve years of outpatient physical therapy experience and has worked in home health, inpatient hospital and rehabilitation settings.

So come to the Great Hall at the Clubhouse on Monday July 17 at 9:30 a.m. to enjoy snacks and fellowship. The meeting begins at 10 o'clock.

## NEW MEMBERS

Welcome Barbara Ford who joined at the June picnic meeting.

## JULY BIRTHDAYS

(Cancer and Leo)



Tony Aris, Bernie Arnold, Julia Barnes, Joann Batten, Alan Clune, Judy Eiben, Sandra Frame, , Ken Martin, Sandi McNeilly, Ruth Pavlik, Peggy Pope, Terry Salis, Doris Schluter, Margaret Thode, Sharon Webb, Verna Wescott, Boggs Wright

## MEDICAL NEWS

### DEET and Exercise Bursts

by Sandi Frame

### Which Insect Repellents Are Best?

We are into bug season. To ward off mosquitoes, you should use an effective, long lasting EPA registered insect repellent that contains DEET (preferably 20 to 30 percent), oil lemon eucalyptus, picaridin (preferably 20 percent), or IR3535. Follow label directions and reapply when necessary. The higher the DEET concentration, the longer it works, though concentrations over 50 percent provide no added protection, according to the CDC. Only the synthetic version of oil of lemon eucalyptus is effective; the label should list it as p-methane-diol. “Natural botanical repellents such as geranium oil, citronella, and peppermint, are of very limited effectiveness. You can also treat your clothing with permethrin or buy permethrin treated clothes, but you still need to put repellent on exposed skin.

Besides using repellent, if you are traveling to areas where mosquitoes are known to carry disease, try to avoid being outside during peak mosquito activity time, wear long sleeves and long pants, and sleep under mosquito netting (possibly treated with permethrin) unless you are in a sealed building.

**Source:** University of California, Berkeley, *Wellness Letter*, Spring 2017

### Short Exercise Bursts May Have Advantages Over Sustained Activity.

If you have type II diabetes, you may see better improvements in your blood sugar levels and your cholesterol if you engage in a few 10 minute routines of more intense exercise each day as opposed to 30 consecutive minutes of moderate exercise. That was the message of a study presented at the recent Canadian Cardiovascular Conference. Researchers said the separate “bursts” of exercise may help the body use blood sugar and cholesterol more effectively than a slower sustained workout. They also noted that shorter workouts, even if they’re

demanding, may be easier to stick with than longer exercise routines.

**Source:** *Women's Health Reporter*, Volume 17, Number 9, September 2016



### AARP SMART DRIVER

By Su Bielmeier, Volunteer Instructor

The class will be on Friday, Aug. 25 at Sweetbriar Community Center. Registration details will be in August Perspectives.

### SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Tony Aris, Boyd Bowers, Bruce Boyd, Joyce Bowers and Jack Doherty. If you know of someone who needs a card (get well, thinking of you or sympathy), contact Joan (972-7779 or jfa1041@comcast.net). Please include the address if you know it.

### SILENT AUCTION: "SUMMERTIME AND THE LIVING IS EASY"

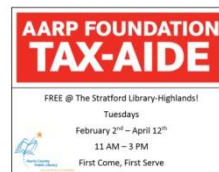
by Karen Kovarik, Chairman



Your life may be easier if you rid yourself of unneeded clutter, and we NEED that clutter to keep this valuable fund raiser going. Your junk may be another's valuable antique or just what another has been searching for. To arrange pick up or delivery, phone me. (540-972-7866).

### AARP TAX AIDE FOUNDATION VOLUNTEERS NEEDED

by Carla Wascalus, Volunteer



I know tax season is completed and you probably don't want to think about taxes again until next year unless you pay estimated taxes. Question, do you do your own taxes? Do you use a program on the computer such as Turbo Tax? If you do, you can be a volunteer. The Lake of the Woods VITA tax site is in desperate need of people to work the tax program for our friends and neighbors. Our site did about 355 Federal and 349 State filings this year. In the last couple of years several of our workers have retired, so we really need help. We work on Friday (9:30-2:00) and Saturday (8:30-2:00) each week February until April 15. Training will be provided as well as a laptop. We are a friendly group and help each other out all the time. If you can't come every week that is all right, we accommodate vacations, appointments, and illness. Even if you could only work one day a week it would be helpful. If you have questions or want to volunteer contact Carla at 972-2436 or cpw\_low@yahoo.com. Thank you for considering.



### TRIPS AND TOURS



Another Ballgame 16 Sept. 2017

The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, September 26, and the opponent will be the Los Angeles Dodgers. The game starts at 1:05p.m. and participants need to be on the bus in the Clubhouse lower level parking lot by 10:15 a.m.

The tickets are \$75 per person and covers the bus ride and a game ticket. Checks should be made out to AARP Chapter 5239 and mailed to Dave Kraus, 127 Indian Hills Rd. - Nick Duy 606 Cornwallis Ave. - John Trach 104 Constitution Blvd. For further info call : Dave Kraus 571-334-4913, Nick Duy 972-0350 - John Trach 972-4883

**Tangier Island** Wednesday, **July 12,** 2017. Enjoy a ride from LOW to Reedville, VA to sail on a one and a half hour



narrated cruise to

Tangier Island on the Chesapeake Bay. During your visit, enjoy walking around this historic fishing village, or take a mini-bus tour around the island. Have lunch on your own at the famous Hilda Crocketts Chesapeake House for an all-you-can-eat home-made meal. There are options for lunch at a few other restaurants or eat at the picnic area. Mid-afternoon board the boat to cruise back to Reedville for your return home. Price: \$97.00. Depart LOW lower parking lot at 7:00 a.m. return at 6:30 p.m. Cancellation policy: within 14 days no-refund. Make checks payable to Ship to Shore Tours. For more information contact: Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com). Come join us for a fun day.

**St. Michaels, MD. Sunday, Aug. 13.**

Have a fun day at the Waterman Appreciation Day and Crab Feast. The trip includes admission to the Chesapeake Bay Maritime Museum an 18 acre campus with 18 exhibit buildings to walk around. Enjoy the festivities,

contests, boat rides, live music, food and more.

Feast on the famous Maryland steamed crabs. Price: \$96. Depart LOW lower parking lot at 8:00am and return at 6:00pm.

All are welcome to join in to celebrate the heritage of the watermen and the history of the Chesapeake Bay.

For more information contact Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com)



**Tall Ships and Wooden Boat Festival Sunday**

**October 29, 2017**, \$96.00 leave 8:00 a.m. return 6:00 p.m.

For more information on all trips contact Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com). Also see flyers on chapter website under downloads for more information.

**Volunteers are still needed on the Travel Committee. Contact Carolyn Durphy at 972-3306 if you are interested in leading a trip. Pierre Payette, 972-0519, can give you some contact information about working with tour and bus companies.**

**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.

**The Lions Wilderness Food Pantry.**



**BREAKFAST**

Food Pantry continues to need our assistance. The number of families needing support remains



very high. School is finished for the year which means the children will receive more meals at home. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to

the Wilderness Food pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

### **Coupons -**



Carla will be collecting the box-top for education coupons. A special thank you goes to all those who save these items for charity.

## **LOW 50th Anniversary Throw**

By Carla Wascalus

**The Susanna Chandler Chapter, DAR has created a Throw for the 50th Anniversary. All proceeds will go towards purchasing heavy duty sweat suits for veterans in Virginia. The Throw is \$50 with free shipping in LOW. Checks and/or Cash only.**

**Contact: Kerry, 540-972-3238 for information**



Treasurer's Report June 2017

Income	2017 Budget	Current mnth	Jan - May	YTD	
Chapter Dues	\$2,150.00	\$7.00	\$1,552.00	\$1,559.00	
Coffee	\$250.00		\$115.00	\$115.00	
Election Day BBQ	\$5,500.00		\$0.00	\$0.00	
Name Badges	\$40.00		\$12.00	\$12.00	
Auction	\$800.00		\$199.00	\$199.00	
50/50 Raffle	\$625.00	\$69.00	\$226.00	\$295.00	
Post Trip remaining balance*	\$2,000.00	\$3,366.72	0	3366.72	
Other/Miscellaneous	\$100.00		\$43.00	\$43.00	
<b>Total Income</b>	<b>\$11,465.00</b>	<b>\$3,442.72</b>	<b>\$2,147.00</b>	<b>\$5,589.72</b>	
<b>Expenses</b>					
Administrative Costs	\$200.00	(55.00)	(122.64)	(177.64)	
Election Day BBQ	\$2,600.00		0.00	0.00	
Gifts/Donations	\$8,000.00		(200.00)	(200.00)	
Insurance	\$120.00		(102.00)	(102.00)	
Meeting Expenses	\$100.00		(101.97)	(101.97)	
Name Badges	\$30.00		(10.54)	(10.54)	
News Letter/ Web Site	\$200.00		(140.05)	(140.05)	
Social Events	\$400.00	(44.00)	(146.29)	(190.29)	
Sunshine	\$50.00		(11.27)	(11.27)	
Other/Miscellaneous	\$50.00	(24.00)	0.00	(24.00)	
<b>Total Expenses</b>	<b>\$11,750.00</b>	<b>(\$123.00)</b>	<b>(\$834.76)</b>	<b>(\$957.76)</b>	
Tours and Trips	Total Received	Total Disbursed	Balance	bal 2016	Bal in 2017
Amishland 2017 Trip	\$15,128.72	(\$13,236.00)	\$1,892.72	\$100.00	\$1,992.72
Nationals Ball game 2017	\$4,440.00	(\$3,566.00)	\$874.00	\$200.00	\$1,074.00
Ship to Shore	\$300.00				\$300.00
<b>Total Tours &amp; Trips</b>	<b>\$19,868.72</b>	<b>(\$16,802.00)</b>	<b>\$2,766.72</b>	<b>\$300.00</b>	<b>\$3,366.72</b>
<b>Accounts for Month</b>					
Checkbook Balance 05/31/2017	\$7,598.23				
Total Income	\$3,442.72		Ckbk Bal 12/31/2016	\$1,719.27	
Total Expenses	(\$123.00)		2017 incoming	\$5,589.72	
Trip balacne transferrd to incoming	(\$3,366.72)		2017 outgoing	(\$957.76)	
Total Tours & Trips Received					
Total Tours & Trips Disbursed	(\$1,200.00)		Trip balance***		
Checkbook Balance	\$6,351.23				\$6,351.23
Interest Bearing Account	\$1,096.27		***completed -transferred to Incoming		
Petty Cash	\$114.00				
<b>Total Accounts</b>	<b>\$7,561.50</b>				

AARP 5239  
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[aarpchapter5239@yahoo.com](mailto:aarpchapter5239@yahoo.com)

**This Month's Meeting: June 19, 2017**  
**Sweetbriar Park, Lions Pavilion 11:30**

**Next Month's Meeting: July 17, 2017**  
**Great Hall Clubhouse, 9:30 a.m.**



## The Power to Make it Better

### OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	dolph1nlvr@msn.com
Vice President	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	<a href="mailto:pegpowl@aol.com">pegpowl@aol.com</a>

### DIRECTORS

Director	Joyce Bowers	323 Yorktown Blvd	540-972-9325	Bjbower1@verizon.net
Director	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Pool	262 Washington Street	540-972-7268	Pool123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
Past President	Tony Aris	301 Limestone Lane	540-972-2016	<a href="mailto:aanthony48@aol.com">aanthony48@aol.com</a>

### COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
<b>Email/Membership/ Perspectives</b>	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Ct	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 St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
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 Ave	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 Ct	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
TRIAD	Doris Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Pkwy	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington	724-523-5255	jandebun@yahoo.com