

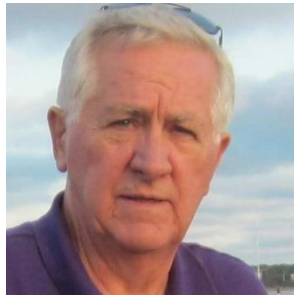
PERSPECTIVES

February 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org

PRESIDENT'S LETTER



By Larry Eiben

Getting Ready for the New Year

So far the New Year has had a rough start for our chapter. We had our Christmas Party at the Community Center without heat, but fortunately, it was a nice day outside and we survived with a wonderful event. Our January BOD meeting at the Fairways was changed because of heating problems so we moved to my house. Our January monthly meeting was changed because the Clubhouse was damaged with a water leak. And now the Election Day Chicken BBQ remains in limbo because they are moving the Work Out Center to the lower level of the Clubhouse. We are still hopeful as Sylvia Zelinsky & Lee Frame are working with the Orange County Election Board to secure approval to use the classrooms in the Community Center. In spite of all these roadblocks, so far, we have continued to successfully weather the storm.

Our January meeting was definitely an indication of the resilience of the Chapter 5239 family. The turnout was great and

the goodies were plentiful thanks to many of our dedicated members. Throughout the meeting we highlighted some urgent needs for our Chapter, which included Newsletter, Membership, Chicken BBQ, Name Tags, and Photographer. And again, the call was answered thanks to Peggy Powell (Newsletter), Ralph Scheuermann (Membership), and Bill Ruark (Photographer). We are still in need of a Name Tag chairman and Chicken BBQ Chairman/Team. We are a blessed group with members who are always willing to accept the challenge. Our goal now will be to solicit Assistants who can help these individuals when the need arises.

Our next monthly meeting is scheduled for February 19 at the Clubhouse. I have not received any information to date indicating we would need to change the venue for this meeting, however, keep your fingers crossed. I want to wish you a Happy Valentines Day and leave you with this; "All you need is love, but a little chocolate now and then doesn't hurt."

FEBRUARY MEETING

Program at AARP 5239

by Tina Aries, Program Chair

FAM announces Smithsonian's Museum on Main Street --with it's--
"Water/Ways Exhibition and
#ThinkWater Initiative

The February 19, 2018 meeting will have two guest speakers from the Fredericksburg Area Museum Cultural Center – Rachael Carder, Outreach Coordinator and Collections Assistant;

and Melanie Johnson, Sr. Development and Marketing Officer. Rachel Carder has a BA from Randolph College in Art History and Dance. She has worked at FAM since July 2017. Prior to this position Rachel was employed as a Curatorial Assistant at the Maier Museum of Art in Lynchburg, VA. Melanie Johnson has a BA in Art History graduating from the University of Mary Washington in 2012 and has worked at FAM since graduation. Her role as Development and Marketing Officer includes oversight of the Museum's membership program.

Rachel and Melanie will discuss the current programs offered to the public, opportunities for involvement, and the new Smithsonian traveling Water/Ways and #ThinkWater initiative exhibition. Come join us at 9:30 on Monday February 29th in the Great Room of the Clubhouse for morning coffee and treats.



The first recipient of the "Time for Recognition Award" will be Carla Wascalus. As many of you know, Carla handled multiple tasks for our chapter, including Membership, Newsletter and Chicken BBQ. What you may not know is the number of hours Carla contributed to these events. These committees required constant follow-up, including mailings, money collection, reporting, computer skills and numerous trips to the post office.

Carla has often been referred to as the glue that kept our club together because she had a tremendous love and passion for the Lake of the Woods community and particularly AARP Chapter 5239. She

was the consummate volunteer who strongly believed that each of us – no matter what our age or background or walk of life – each of us had something to contribute to the life of this great community. Carla was proud to be a member of the Locust Grove AARP Chapter 5239, proud to serve her community, and it showed in the many ways she served and the way she lived her life.

MEDICAL NEWS

By Sandi Frame

Get a Grip on It

For many people, hand strength declines with age, especially if arthritis sets in making it hard to go about daily tasks. Men are half as likely to have this problem and the obese seem to be more susceptible. Day in and day out, we do countless tasks using our hands, like opening jars, carrying a shopping bag, typing on a computer, doing crafts or playing golf. Hands are often overlooked when doing exercises.

People with hand arthritis often experience a decline in grip strength because of painful joint and may benefit from hand exercises. The Annals of the Rheumatic Diseases published a study showing that those with hand osteoarthritis who did hand exercises three times a week for three months had decrease in pain, along with improvement in grip strength and hand function. Another study from the Cochrane Collaboration confirmed this stating that those in the study experienced a greater quality of life.

Among several possible reasons, exercise strengthens the muscles around joints to better support them, increases circulation of synovial fluid which helps cushion joints, increases oxygen and nutrients circulating through the joint membranes and triggers a process by which cell debris is removed from joints.

Hand exercises should focus on the muscles that flex the fingers and on those that extend them. There are all sorts of things you can use to improve your hand strength and flexibility, including small soft balls, resistance bands and therapy putty. Exercises you can do at least three times a week.

1. Roll your fingers into a fist the spread your fingers out as wide as possible.
2. Squeeze a rubber ball or a rolled wash cloth.
3. Obtain a ball of putty (even Play Doh could be used here) and squeeze the putty in the palm of your hand bending your fingers to press the putty as you create a fist. Place the putty ball between the side of you index finger and thumb and press until the two fingers touch. Roll the putty with the flat palm while extending each finger back.
4. Press the ball of putty between the thumb and each finger one at a time.

Two webpages offer simple exercises: The National Institute on Ageing site at tinyurl.com/NIAhand ; or the Kaiser Permanente site at tinyurl.com/handOAexercises.

If you have arthritis in your hands, exercise may bring some symptom relief. Because of differences in individual needs and injury risk it is best to check with your physician or physical therapist to determine the best program for you.

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

DUES, DUES, DUES ARE DUE !!!!

Don't forget your dues for 2018, now ONLY \$10.00!

See Dick Durphy at the Treasurers Table at any meeting or mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508

February Birthdays



Rita Bowles, Kathleen Bradie, Neil Buttimer, Jack Doherty, Sue East, Barbara Ehlen, Betsy Flanigan, Irving Grimes, Margaret Kertess, Norma Lanier, Jeanne Larsen, Frank Liberti, Patricia Lieb, Joan Litschert, Kim Lyttle, Louis Meador, Doug Pope, Barbara Rakes, Micky Talbott, Richard Ticomb, Russell Williams

SUNSHINE REPORT

by Joan Albertella



A sympathy card was sent to Joe Wascalus

A get well card was sent to Joyce Bowers

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

OC ANIMAL SHELTER



The 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 FOOD PANTRY

**By Norma Ervin
Chairman Food Drive**

Thank you for your support for our Food Pantry Collections this past year. The Wilderness Food Pantry appreciates our help but most of all the people [clients] that receive are very grateful. There is an increase in families served each month. Winter usually brings a decrease in donations so your help is really needed. Most food banks hand out a bag as clients come in but this bank has a different approach. They are given a cart and go down the aisles with a worker assisting. They are allowed to select a certain number of items in each area depending on their family size. This way there is no waste because the family does not like a particular food. There are freezers where meat products are given according to the need. A friend of mine works there assisting clients. She asked them last week about some items they would like to have that their family likes. Cans of pork and beans, beets, pickles and greens such as spinach was mentioned. There is always a need for cereal [including oatmeal], hamburger helper and boxed potato mixes. Please be generous in bringing items to our Feb. meeting. If you wish to donate money that is always needed and checks should be written to Wilderness Food Bank with AARP on the memo line.



**Silent Auction:
Watch us, Watch out!!
By Karen Kovarik
Chairman**

Is the Silent Auction winding down? Your call. Norma Ervin is heading up a committee to explore alternatives, and the committee is committed to putting the "fun" back in fund raisers. Your ideas are welcome.

In the meantime, time is running out to clean out and contribute all those goodies you have been thinking about donating. Phone me (972-7866) to arrange pick up or delivery, or just bring them to the meeting (the earlier the better so we have time to mark-up).



2018 FIRE AND RESCUE PHONEBOOK UPDATES

We are in the process of getting the phonebook ready for distribution on July 4th. Please e-mail your information to dickd9@msn.com or call Carolyn or Dick Durphy at 972-3306.

If you would like to include an ad in the yellow pages, please contact Wyatt Gosnell at 972-2708

TRIPS AND TOURS

The **Amish country trip** from Monday, April 9 - Wednesday, April 11. (3 days, 2 nights). Reminder - **Final payments for the Amish Trip are payable prior to February 10th.** There are a few openings, so if you are interested, please contact Pierre at 972-0519 or pierre114@verizon.net

Opryland Country Christmas. Put the dates on your 2018 calendar. Sunday, December 2 –Wednesday December 5. Please keep this trip in mind when you are planning your travel. Nashville, Tennessee. 4 days – 3 nights, with a 2 nights stay at the Gaylord Opryland Resort Hotel. (Southern Living magazine recently named the Gaylord Opryland Hotel the #1 resort in the South). Includes a Country Christmas Show, and either a Broadway-style performance at the Grand Ole Opry House, or Grand Ole Opry at the Ryman Auditorium. Several people have already shown interest, and have asked Pierre to put them on the list. This trip is expected to sell out. More details will be available soon. Price will be in the neighborhood of \$700 per person (double occupancy), and \$1050 per person (single occupancy). The difference is due mainly because of the cost of the hotel room.

**See the Nationals Play Ball!
Baseball Trip June 9, 2018**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, June 9, and the opponent is the San Francisco Giants. The game starts at 12:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 9:15.

The trip is open to the entire LOW community. \$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 or give your checks to John Trach (104 Constitution Dr.), Nick Duy (606 Cornwallis Ave.), or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)). World Series or bust!

Tours and Travel Bus Trip

By Barbara Ehlen

**Virginia International Tattoo
A Tribute to Veterans
Norfolk, VA
Sunday, April 29, 2018**

This amazing special event exhibits the mighty sounds of military marching bands, bag pipes, and drill teams and performers from the U.S. and around the world. One of the top 20 events in Virginia. Come join us to honor our military.

Price: Prime Seats \$104.00
Mid Level Seats \$95.00
Upper Level Seats \$85.00
Full payment is due to confirm best seats
Deadline: March 30, 2018
Refund/Cancellation: within 14 days

Make checks payable to:
Ship to Shore Tours

Bus departs lower level parking lot of Lake of the Woods at 8:30AM Returns at 7:30 PM

Note: includes some walking and stairs

For more information:
Contact Barbara Ehlen
Ship to Shore Tours
(540) 972-4651 or
Email: wisecruiser@hotmail.com

**GENERAL MEETING
JANUARY 15, 2018
HIGHLIGHTS OF MEETING**

Guest Speaker Anne N. Truong, M.D. is the founder and owner of Truong Rehabilitation Center. She is board certified in Physical Medicine and Rehabilitation and Electrodiagnostic Medicine. She was recently appointed as a Women Entrepreneur Ambassador by Women's Entrepreneurship Day Organization representing the state of Virginia.

Her topic was Osteoarthritis. Osteoarthritis is the breakdown of joint cartilage which cushions the bone. It is the most common form of arthritis and over 30 million Americans live with some form of arthritis.

There are many forms of arthritis such as osteoarthritis, rheumatoid, psoriatic, fibromyalgia and gout.

The areas on the body that experience the most pain are the hips, knees, fingers, feet and spine. When this first occurs, seek treatment immediately.

Dr. Truong offers non-surgical pain therapies and regenerative treatments. Her goal is to decrease pain and restore strength and function without medications or surgery. Some of the treatment options include weight management, exercise, self-education, nutritional diet, vitamins, supplements, herbs, physical therapy plus an innovative method of using one's own blood to help one's body to heal naturally.

General Meeting Highlights (cont)

Day of Service A date still needs to be set.

Highlights of meeting (cont)

20th Anniversary Our Chapter's past presidents will be invited to our 20th Anniversary dinners.

Chicken BBQ A volunteer is needed to oversee this project.

Silent Auction Karen Kovarik has agreed to be in charge for 6 more months.

Fund Raisers Norma Ervin will be the Chair.

Yearly Dues Effective February 1, 2018 the yearly dues will increase from \$7.00 to \$10.00.

New Members Ten new members have joined and 1 guest were at the meeting.

Tours/Travel Pierre Payette says there are two openings available for the Amish Country trip April 9-11, 2018. February 10 is the date for final payment.

Skip Poole has acquired a fund raising River Cruise on the Rhine for December 8-14, 2019 from Basel, Switzerland to Amsterdam, The Netherlands.

Barbara Ehlen has arranged a trip to Norfolk, Virginia on Sunday, April 29 to hear the Virginia International Tattoo.

TRIAD Dick Bradie is seeking a volunteer here at the Lake of the Woods to handle the Guardian Alert 911 requests and installations. A donation of \$100 is welcomed as

there is no monthly charge after installing the device. You will also receive, at no charge, a night light and flashlight. Meanwhile, DeeDee Perkins, the new Orange County Triad Coordinator in the Sheriff's Office, will be happy to assist. Her telephone no. is: 540-672-1536.



WOODS CARES

Submitted by Jeanette Embry

I have been in touch with Jenny Zamora at the local **Meals on Wheels**. She has indicated that they are able to supply meals to people that meet the following requirements.

They must be homebound and cannot get out regularly to purchase food, but can go to appointments, etc. if someone takes them.

They do not have help in the home.

There is no charge, but donations are accepted.

Jenny may be reached at 825-3100, ext. 3450



AARP Foundation Free Tax Preparation Service

Again this year, the AARP Foundation is offering free tax service to assist low to moderate income taxpayers with their tax preparation.

Location: Lower level of Lake of the Woods Clubhouse

Dates: Fridays (10AM to 2PM) and Saturdays (9AM to 2PM) starting Friday, February 2nd through Saturday, April 14th.

Appointments are necessary to secure the amount of time necessary to complete an accurate return.

Call (540) 972-5339 to make an appointment. If no one answers, leave a message with your name, number and the best time to call. Please repeat your phone number clearly.

Items to bring to your appointment

- Photo ID
- Social Security Card
- Copy of last year's income tax return(s)
- W-2 's from each employer

- Unemployment Compensation statements
- SSA-1099 for Social Security income
- 1099R for retirement income
- All 1099 forms (1099INT, 1099DIV, 1099-B, etc)
- Documentation showing sale and purchase price of assets
- 1099-Misc
- Information on Estimated taxes paid
- All applicable documentation for itemizing deductions
- 1095-A form for Health Insurance purchased through the Marketplace
- Exemption correspondence from Marketplace
- 1098-T for Education expenses
- 1098-T for Education expenses

Similar to previous years, free tax assistance will be provided to taxpayers whose returns are within the scope of the program.

Examples of returns that are not within the scope are:

- Rental income where depreciation is required
- Business with expenses in excess of \$25,000
- 2 or more businesses requiring more than 1 schedule C

AARP CHAPTER 5239 FINANCIAL REPORT

INCOME	JANUARY	TOTAL
50/50 Raffle	\$62.00	\$62.00
Chapter Dues	\$563.00	\$563.00
Coffee Fund	\$27.00	\$27.00
Name Badges	\$12.00	\$12.00
Miscellaneous	\$50.00	\$50.00
Tours & Trips	\$1,571.00	\$1,571.00
TOTAL INCOME	\$2,285.00	\$2,285.00

EXPENSES		
Administration	\$11.39	\$11.39
Name Badges	\$15.80	\$15.80
Tours & Trips	\$1,150.00	\$1,150.00
TOTAL EXPENSES	\$1,177.19	\$1,177.19

AARP CHECKING Balance

Beginning	\$2,870.45	
Income \$	2,285.00	
Expenses	\$1,177.19	
Balance End	\$3,978.26	\$3,978.26
PETTY CASH	\$114.00	\$114.00
AARP SAVINGS	\$1,096.99	\$1,096.99
TOTAL FUNDS	\$5,189.25	\$5,189.25

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

www.aarp5239.org

This Month's Meeting: February 19, 2018
Great Hall, Clubhouse, 9:30 am

Next Month's Meeting: March 19, 2018
Great Hall Clubhouse, 9:30 am



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryeiben@gmail.com
Vice President	Peggy Powell	103 Tall Pines Trail	703-622-5401	Pegpowl@aol.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Dick Durphy	1105 Eastover Parkway	540-972-3306	dickd9@msn.com

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Director	Joyce Bowers	323 Yorktown Boulevard	540-972-9325	Bjbower1@verizon.net
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Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
Past President	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	dolph1nlvr@msn.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Parkway	540-208-1914	driversafetyclass@gmail.com
Email	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
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Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Tony Quattromani	110 Wakefield Drive	540-972-1324	aquattromani@comcast.net
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Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
	Ralph Scheuermann	110 Larkspur Lane	540-972-7118	picaplus@comcast.net
Membership	Peggy Powell	103 Tall Pines Trail	703-622-5401	pegpowl@aol.com
Perspectives	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Chair	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Program Committee	Madeline Salustri	202 Cornwallis Avenue	540-412-2950	madalsal@comcast.net
Public Relations	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Coffee	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
Refreshments: Goodies	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Silent Auction Chair	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Sunshine	Lew Sherman		540-972-5339	
Tax Aid Program	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
Tours/Travel	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
TRIAD				
Volunteer Hours	David Kraus	127 Indian Hills Road	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com