

PERSPECTIVES

JULY 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

WHEN DO WE DOWNSIZE?



In the not too distant future, I would like to have a speaker on **Downsizing**. We will all have to face this someday because over the years we have gathered lots of stuff! If you check out your home closely, you will be surprised how much you have gathered, and of course, there is a story behind each item. This topic is probably not new to you because I'm confident we have all witnessed a neighbor, friend, or family member going through this process. They are either moving closer to family, independent living, or just to a smaller home. Regardless of the reason for downsizing, it becomes stressful and emotional when we have to make decisions about things we have owned for years.

Please remember, you did not accumulate all of your possessions in a weekend, so don't expect to sort through them and decide exactly what you'll keep or discard in a couple of days. Take your time and think through your approach to downsizing and the process will be much less stressful. Start simple by making out a checklist with three categories; "Am I

keeping this, offering it to someone else, or should it just go in the trash?"

Downsizing isn't easy but it is worth the effort. "Have nothing in your home that you do not know to be useful or believe to be beautiful".

JULY MEETING

Program at AARP 5239

by Madeline Salustri,
Publicity Chair AARP 5239

Become Informed: Hot Senior Topics – Locust Grove AARP5239

Come to a most important meeting of AARP 5239 on Monday July 15 in the Grand Room of the Clubhouse. Guest speaker, Dr. Brian Scott, has dedicated his life to helping those who suffer from chronic pain conditions. A 1988 graduate of the University of Los Angeles School of Health Sciences began his career as a Chiropractic Physician. He authored "Use Your Bad Habits To Lose Weight" and created a series of audio visual programs for Weight loss, Diabetes, and Peripheral Neuropathy. Dr. Scott is licensed with the Virginia Board of Medicine and has been a health care provider for over 30 years.

He lives in the Virginia's Tidewater area and currently educates and services patients throughout the State of Virginia

As a result of Dr. Scott's work at California's largest Peripheral Neuropathy Clinic, he developed his own in-home neuropathy treatment program that could be administered by his patients in the comfort and safety of their own homes.

The main points of his most informative presentation will include:

- Definition, causes and symptoms of Peripheral Neuropathy
- Why So Many Are Suffering From It
- Why Medications May Not Be The Answer
- What You Need to Know To Stop It From Getting Worse
- Natural Treatment Options That Are Changing People's Lives

Join us on Monday, July 15 at 9:30 am for breakfast treats and fellowship. The meeting begins at 10 am and all are welcome. There will be an opportunity to join our chapter and benefit from the varied and valuable programs. For further information call Larry at 540 972 1847.

JOIN US AT THE AARP TABLE

By Carolyn Durphy

We still need a few people to sit at our table on the point Saturday, July 6th. Have openings in the 1 to 2PM, 2 to 3PM and 3 to 4PM slot. A great way to meet friends and new people and tell them about our chapter. Call Carolyn Durphy at 972-3306

MEDICAL NEWS

By Sandie Frame

Sugar Sweetened Drinks and Cardiovascular Disease

People who frequently drink sugar-sweetened beverages (SSBs), such as soda and sports drinks are at increased risk of premature death from cardiovascular disease and to a lesser extent, cancer according to a recent study in the journal *Circulation*. Harvard researchers analyzed three decades of data from more than 37,000 men in the Health Professions and 80,000 women in the Nurses' Health Study and controlled for many variables, including other dietary factors, physical activity, family history and body weight. The risk of death rose modestly with each added SSB. Artificial sweetened beverages (ASBs) were not associated with mortality rate over all. The only exception was Women who drank four or more ASBs a day. They had a greater risk of cardiovascular death than those who drank none. Previous studies have linked SSBs with diabetes, weight gain and heart disease. Our results support recommendations and policies to limit intake of SSBs and to consume ASBs in moderation to improve overall health and longevity. The study concluded: The best option is to drink water.

Source: University of California, Berkeley, *Wellness Letter* June 2-19



by Joan Albertella

Get -Well cards were sent to Sandie Frame, Ed Rowan

Sympathy card was sent to Ed Kessler

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

JULY BIRTHDAYS

By Pam Archer, Membership



Tony Aris, Bernie Arnold
 Julia Barnes, Joann Batten
 Dorothy Beucler, Robin Chubak
 Alan Clune, Albert Desoiza
 Walter Diercks, Barbara Drumheller
 Judy Eiben, Sandra Frame
 Daniel Greene, Rima Laviano
 Vince Martin, Sandra McNeilly
 Ruth Pavlik, Peggy Pope
 Doris Schluter
 Veronica Schuettenberg
 William Schuettenberg
 Barbara Smith, Sharon Webb
 Margaret Thode, Verna Wescott
 Cliff Wilks

VIN Etching Program

By Judy Schrage



As part of its ongoing effort to Help Eliminate Auto Theft (HEAT), the Virginia State Police offer **free**

etchings throughout the year. To put this in perspective, check out the following information provided by the FBI:

- There were an estimated 777,139 thefts of motor vehicles nationwide
- More than \$6 billion was lost nationwide due to auto theft
- The average dollar loss per stolen vehicle was \$7,708

VIN etching is important because adding VIN etching to your auto glass creates another barrier against potential auto theft. VIN etching complicates things for thieves. If a thief swaps out the VIN on a car that's been etched, the thief must also swap out all the etched glass. This costs time and money.

The VIN etching process uses a chemical to permanently mark glass, takes only about 10 minutes to complete and doesn't affect the appearance of the vehicle. This complimentary service applies to the exterior glass of cars and trucks.

Our chapter will be holding a VIN Etching program on Saturday, July 13, from 10:00 AM to 2:00 PM. Get your car protected!

Woods Cares is a Free Service

by Jeanette Embrey.

Woods Cares is a group of AARP volunteers who help individuals in Lake of the Woods who are shut-ins, caregivers of shut-ins, or those who are in need for some other reason. We have been serving our community members for over 14 years. There are approximately 30 AARP members who have volunteered their time or talents. These individuals are all over the age of 50, and most of them are LOW residents in their 60's, 70's, and 80's who continue to be of service to their neighbors.

Services provided in the past have consisted of transporting people to doctor appointments, grocery shopping, beauty appointments, pickup prescriptions, or running other errands. Other helpful tasks have included: simple plumbing repairs, small appliance repair, raking leaves, picking up mail, and transporting trash to the compactor. We have also visited with shut-ins to give their caregivers a break. This list represents a sample of what you may need us to do. Remember this is a free service.

If you or someone you know has need of our services, please contact one of our committee chairpersons and they will endeavor to find a person to help. For information call Jeanette at 972-0726 or Ed at 724-523-5255.

Our AARP motto is to make it better.

TOURS AND TRAVEL

By Barbara Ehlen

Fall Foliage Train Ride:



Come join us for a journey back in time on a vintage train through the scenic countryside of Maryland including a picnic lunch on board. Saturday, October 26, 2019 Price: \$85.00



Holidays in New York City:

Package includes motorcoach transportation, 2 nights in a hotel suite in NJ, 2 dinners including an authentic Brazilian restaurant, tour 9/11 Museum, 9/11 memorial, top of the One World Observatory, "The Ride" an interactive theatrical motorcoach fun tour through midtown Manhattan. Free time to explore and see the Rockefeller Center Christmas Tree, shop, maybe a Broadway Show or see the famous Rockettes. December 4-6, 2019 Price: \$579.00 p/p double \$519.00p/p triple

Motorcoach departs on both trips from Lake of the Woods lower parking lot and the commuter lot on Route 3 and Gordon Road Fredericksburg.

Call Barbara at (540) 972-4651 or email wisecruiser@hot [mail.com](mailto:wisecruiser@hotmail.com) for more information or a flyer.



**See the Nationals Play Ball!
Baseball Trip Sept. 26, 2019
By Dave Kraus**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Thursday, Sept. 26, and the opponent is the Philadelphia Phillies, who have a player named Bryce Harper. The game starts at 4:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 1:00.

The trip is open to the entire LOW community and beyond. \$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.

Please mail your checks to Dave Kraus (127 Indian Hills Rd.), or give your checks to Dave or Nick Duy (606 Cornwallis Ave.). We're both in Locust Grove 22508.

Questions? – Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)).

PLEASE NOTE: Our AARP chapter cannot guarantee, most notably in the case of inclement weather, that the game will be played or that it will not be suspended after starting. We are not responsible for your non-refundable ticket cost or any fee owed the bus driver. We cannot provide transportation to a make-up game. Questions? Contact Dave or Nick.

**Christmas Village Thursday,
December 12, 2019
Baltimore MD, Inner Harbor
By Pierre Payette**

Christmas Village is a combination of an outdoor and indoor Holiday Market modeled after the traditional Christmas Markets in Germany such as the famous Christkindl Mkt in Nuremberg. Vendors in more than 50 booths will sell traditional European food, sweets and drinks. They will also offer a great shopping experience with a large variety of international holiday gifts, ornaments, jewelry, high quality arts and crafts, as well as a great selection of authentic German foods.

The outside area will bring the original Christmas Village charm with its traditional German style wooden huts. In addition, a huge heated festival tent will create a Christmas-like shopping atmosphere with more vendors as well as a food court. Featured in the heated tent is Kathe Wohlfart, Germany's top Christmas ornament and décor company, reflecting traditional German handcrafts for over 50 years.

Cost will be \$39 per person. Bus will leave LOW at 9 A.M., pick up at Gordon Rd. at 9:15. Depart Christmas Village at 3 P.M. and arrive at LOW at approximately 5:30 P.M.

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

www.aarp5239.org

This Month's Meeting: July 15, 2019
Clubhouse Grand Hall 9:30AM

Next Month's Meeting: August 19, 2019
Clubhouse Grand Hall 9:30AM



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

DIRECTORS

Director	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerryjudy@gmail.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
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	Elaine Cook		703-309-4810	Elaine@olderandbolder.net
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
Food Pantry Liaison	Norma Ervin	1313 Eastover Pkwy	540-972-0652	normaervin@verizon.net
Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com
LOW Name Tags	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Pam Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Perspectives	Peggy Powell	103 Tall Pines Avenue	703-622-5401	pegpowl@aol.com
Photographer	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
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 Avenue	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
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
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