



PERSPECTIVES – NOVEMBER 2023

President's Letter – Pierre Payette

The BOD will be selecting where and how much our 2023 Charitable donations will be at our November Board meeting on Monday, November 13. If you want some input to this, please attend the meeting, which starts at 10 AM in the Trophy Room at Fareways. For 2022, we gave \$250 to each of the six charities that were selected (LOW Fire & Rescue; Paul Stefan House; S.A.F.E.; Wilderness Food Pantry; Living Waters Clinic; and the Sheriff's Office/Triad Program) for a total of \$1500.

Hopefully, the Nominating Committee will have a slate of nominees for next year. Nominations will also be accepted from the floor at our regular November Meeting, and elections will follow, at that same meeting. **Please consider stepping forward to help keep our chapter going!**

We have been asked by one of our members, to consider having a speaker from the African-American community for our January meeting, since it falls on Martin Luther King's holiday, January 15th. The BOD will discuss this at our November Board meeting.

We are being displaced from the Clubhouse, again, for our January meeting, due to the renovations that will be underway. The Lower Level is not available, either. I have secured the Marion Pronk Hall at the Community Center, for our meeting on January 15th. This is the Gym, same place where we have our Christmas Luncheon/Meeting. February is also in doubt if the renovations aren't done by the 19th. We will have to wait and see on that one.

On Monday, November 6, I will be attending a White Star Tours luncheon, in Richmond. White Star will be presenting their trips for 2024, along with discounted prices for those in attendance. Hopefully, I will make some popular choices.

Remember, our next **Board Meeting is Monday, November 13, 10 am** at Fareways, and our next **regular meeting starts at 10 am on Monday, November 20**, at the Clubhouse. Coffee and snacks start at 9:30. See you there!

Triad Program – Keeping Seniors Safe – Beth Drabant

Continuing our series of articles to inform AARP members about services offered through the Orange County Sheriff's Office Triad Program, today we focus on the File of Life.



The File of Life provides valuable information to first responders, especially when an individual who needs assistance is unconscious, disoriented, or unable to speak or recall details in the midst of an emergency at home.

The File of Life is a small plastic pocket that contains a card on which you write your important medical information such as doctors' names and contact info, emergency family contacts, medications, allergies, and medical conditions. The pocket attaches by a magnetic strip to the front of your refrigerator. You place a File of Life sticker on the front door of your home to inform first responders that you participate in this program. Law enforcement, fire, and emergency medical teams know where to find the File of Life. Triad recommends that every senior and every individual with a serious medical condition in a household have a File of Life.

For more information, you can watch a video about the File of Life on the Triad - Orange County, VA YouTube page.

If you are interested in obtaining a File of Life, free of charge, please contact Deputy Ron Kesner, Triad Coordinator, at rkesner@orangecountyva.gov or 540-672-1536.

November Birthdays – Pam Archer



Blessed November Birthday Wishes to: Stephen Cakouros, Patricia Cassese, Berry Dunbar, Lyn Fogarty, Karin Goetz, Dolores Johansmeyer, Joan Litschert, Robert Oldach, Janis Pypniowski, Ann Walker, and Elizabeth Wiley.

Sunshine Report – Carolyn Durphy

Sympathy cards were sent to the families of Joyce Bowers and Maynard Matthies.



Report Your Volunteer Hours – Dave Kraus



Each year our chapter reports to Virginia AARP the number of hours members have donated in service to our organization. If you have not already entered your hours for 2023 in the book at one of our meetings, please do so at the November meeting or send your total to Dave Kraus, krausman369@gmail.com.

**Thanks
to Our
Volunteers!**

You can report only those hours spent on an activity sponsored by our chapter. That includes time spent performing your duties as a chapter officer or committee member. Do not include hours spent on behalf of other organizations. Later you may send to Dave hours worked in December, for example in support of the holiday party. He can include those if he receives them by early January.

NURSING, LONG-TERM CARE AND ASSISTED LIVING – Kristen Smith

(She is the lady that spoke to us at our October Meeting and here are some of the subjects she talked about.)

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What We Learned?

Levels of care:

- Skilled nursing/rehab
- Long-term care and assisted living
- What is included
- Who pays?

Kristen's complete PowerPoint presentation is available on the download tab of our webpage.

AARP Speaker for November – Karen Kovarik

One of the key reasons that Lake of the Woods is a great place to live are the quality and quantity of our volunteers. Many, like us, are seniors, but the focus of our November meeting are a much younger, the members of the Adaptive Water Corp. Our speaker, Lana Marr, will introduce us to the Corp which began in 1963 as an outgrowth of the ski club. Roughly three quarters of the corp are either current or past members of the ski club.

Volunteers work with differently abled veterans, adults, teens, and children to give them and their caregivers a free day of water fun, water skiing, tubing, kayaking, paddle boarding, fishing, boating and more at our beautiful lake.

Three events are held each summer. These events attract spectators, participants and volunteers from not just Orange County, but the State and even out state. Funds are raised from the sale of donated boats, and jet skis. And, the Corp just held its first ever Disability Golf Tournament. It was a great success!

The Corp is growing, both in the number and reach of families served, and reports 90% of the volunteers are from LOW. It would be nice to think that volunteerism is contagious here at LOW, and that we seniors are setting a good example. Been swimming lately?

AARP Tax-Aide – Pam Archer

For Tax Year 2022 the Lake of the Woods (Locust Grove area) site had 5 Client Facilitators and 6 Counselors working on helping clients submit their taxes. This tremendous group of volunteers were open for business 22 days (2/3 thru 4/15) and worked approximately 1,400 hours servicing our community. They completed 305 federal returns and also prepared a similar number of e-filed state returns. These individuals were also responsible for obtaining over \$339,000 in federal refunds for those seeking their support.



Hat's off and a special "Thank You" to this outstanding group of volunteers who provided their valuable time and effort to support those who needed their assistance.

We are looking for friendly people to volunteer with us for the upcoming tax season. There's a role for everyone and you can volunteer in person or virtually.

Go to aarpfoundation.org/taxaidevolunteer or feel free to give me a call if you are thinking that this might be something for which you would be interested in volunteering and I will be happy to answer questions.

AARP Tax-Aide is a special program that helps so many individuals during the tax season. Our chapter is proud to assist in this program.



Diverticulitis – Sandie Frame

There have been changes in how diverticulitis can be treated for most people. In the past many if not most patients had to be hospitalized and received IV antibiotics. Recent research has changed how diverticulitis is managed. With age, it's common for people to develop diverticula - small, bulging pouches in the lining of the large intestine. Diverticula themselves do not often cause problems but about 1 in 4 people with diverticula experience at least one episode of inflammation and sometimes infection of the diverticula. This condition, marked by abdominal pain, fever, nausea and a change in bowel habits, is diverticulitis.

The standard treatment of mild diverticulitis has long been antibiotics along with a temporary clear liquid diet to allow the intestine to rest and heal. Historically, this involved a hospital stay to give the antibiotics through a vein.

However, antibiotics are no longer routinely recommended for people who have uncomplicated diverticulitis. This refers to diverticulitis that's not causing problems related to infection, such as an abscess, blockage or bowel perforation. Studies have shown that healthy people with uncomplicated diverticulitis have similar outcomes whether or not they take antibiotics. These people have comparable pain levels and recovery times. They also have similar rates of requiring further care and having the condition recur.

Also, mild diverticulitis is now often treated at home. Along with a brief clear liquid diet, you might take oral pain relievers, such as acetaminophen or a drug to reduce muscle spasms. If an antibiotic is recommended, it could be given orally.

For people with more severe diverticulitis attacks or a high risk of complications, treatment in the hospital is typically still recommended. This may include IV antibiotics or other possible treatments over a course of days. For some, surgery to remove the areas of damage in the intestine is necessary. Your health care team will recommend a treatment approach that best fits your health situation.

Source: Mayo Clinic Health Letter Volume 41, Number 9, September 2023

NOTE: Since Sandie has moved out of the area, we really need someone to supply articles for the newsletter of a medical nature. This is an easy way to help our chapter that does not require a lot of time. Please contact Carolyn or Pam if you would like to learn more.

