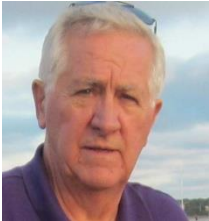


PERSPECTIVES

September 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

TAKE A BOW – YOU EARNED IT!



In my May article I mentioned the value of volunteer time. The numbers have just

been updated and the latest value of a volunteer hour is \$24.69 – up 2.2 percent from the previous year. That figure, estimated from data collected in 2017 show the incredible contributions of volunteers. Recently I contacted Dave Kraus and asked him for the volunteer hours recorded between June 2017 and July 2018. I was in “AWE” when I received the information which showed our Chapter volunteer time totaled 6,763 hours. A simple calculation tells you that our volunteers contribute \$166,978 to the benefit of our seniors and the surrounding community. I understand putting numbers to volunteer hours will never do them justice, however, it is one way to show the contributions you have made in our community.

The reason I requested the hours information was to complete a proposal for the State AARP. The State AARP is having a contest between Chapter's in three categories; Education, Advocacy and Service. Our group

has sent in a proposal to support our efforts in applying for the “Service Award”. Hopefully the State will recognize our efforts and select us as the outstanding chapter. Won't know until the end of September how things will work out, but I sure learned a lot when putting this information together. Every member of Locust Grove AARP Chapter 5239 should stand tall and be proud of all your accomplishments.

Wanted to provide a reminder of volunteer opportunities over the next couple of months:

WILDERNESS FOOD BANK DRIVE

Our food collection Program will be held at the Lake of the Woods front gate on **September 8**, and again, on **September 14** at Walmart in Locust Grove. If you can help, please contact Norma Ervin at 972-0652. At a minimum, please drop off some food!

ELECTION DAY CHICKEN BBQ

It's no secret this event is our major fundraiser and requires all hands-on deck. The event is scheduled for November 6th so mark your calendars. I will have more information coming out on this program early September with sign-ups at the September/October meetings.

In closing let me say, **“Thank you to the best volunteers”**.

**SEPTEMBER MEETING
Program at AARP 5239
By Larry Eiben, President**



“You Mean I Have to Stand Up and Say Something?”

Is that your reaction when you are tagged to speak before a group? The fear of public speaking is a phobia shared by many. Madeline Salustri, a resident of Lake of the Woods and member of Locust Grove AARP 5239 will address that phenomenon as speaker at the organization’s September 17 meeting.

She presents a practical, informative and humorous approach to how to tame those butterflies in your gut when speaking before a group. Her talk is research based, with real life stories, some famous, about public speaking experiences.

Her talk is also experience based. Madeline was teacher, curriculum developer and library administrator before her retirement. In her first retirement, she taught public speaking and enjoyed participation in theater and lecturing. Now in her second and “real” retirement, she loves just sharing those experiences.

Join us on Monday, September 17 in the Grand Room at the LOW Clubhouse for this fun presentation. We gather at 9:30 am for breakfast snacks and fellowship. The meeting begins at 10 am. For further

information please contact Larry at 540 9072 1847.



**Calling for Nominees for Directors
By Peggy Powell**

Our AARP Chapter Board of Directors will have several openings for Directors in 2019. A committee is being formed to approach members asking for their service. It would be great if members would volunteer to be nominated to serve as Directors. Please think about volunteering at our next meeting or send me an email: pegpowl@aol.com.



Carolyn Durphy will be collecting the box tops for education coupons. All dates from 11-2017 are accepted. Leave in the container at the check-in table. Thanks to all who save.



THE LIONS FOOD PANTRY

**HEADS UP! FOOD DRIVE
SCHEDULED FOR SEPTEMBER 8**

**By Norma Ervin
Chairman Food Drive**

**ANNUAL FOOD DRIVE FOR
WILDERNESS FOOD PANTRY**

SATURDAY, SEPTEMBER 8 will be the date for the annual collection of food to benefit the Wilderness Food Pantry. Hours will be 9 a.m. until 1 p.m. The parking lot across from LOW Guard House will be the collection site.

Items needed are peanut butter (lots), jelly, "helpers" and other meal makers, canned meats [spam-hash-fish-stews and chili]; canned beans of all sorts; canned veggies, [peas, mixed vegetables, beets] pasta sauce, CEREAL(ALWAYS NEED LOTS OF CEREAL), sides (box potato and pasta), soups (chicken noodle is a favorite, but cream soups can help make a meal), condiments such as catsup, mustard, pickles and mayo. Coffee is a pleasant surprise for clients.

Cash and checks are always welcome; Food Pantry staff uses this money to purchase items from the Fredericksburg Food Bank. CHECKS SHOULD BE MADE OUT TO WILDERNESS FOOD PANTRY. Don't forget that food and money donations are tax deductible!

FRIDAY SEPTEMBER 14 there will be another food collection point at Walmart. The hours there are 9 a.m. until 3 p.m. Thank you to the many who have agreed to help with this community outreach project. If you have not signed to assist please call Norma at 972-0652. Again, I really appreciate everyone's willingness to serve.

**FUND RAISING OPPORTUNITY
Norma Ervin, Fund Raising
Committee**

DINING AT BELLS CUCINA WAS A GREAT SUCCESS. We were presented a check for \$300 for our local charities. Another opportunity for raising money will be at GENERAL'S QUARTERS on Wednesday, October 24th for lunch or dinner. The good news is we do not have to sell or buy anything to secure funds for our Orange County neighbors who have fallen on hard times. Flyers will be provided at the meetings in September and October. Please invite your neighbors and friends to attend. No coupon is needed for the restaurant. Ideas are welcomed for future events.

Election Day Chicken Barbecue

by Larry Eiben



Election Day, Tuesday, November 6th, is quickly approaching, and members of AARP Chapter 5239 are gearing up for a chicken barbecue. I will again be leading

the preparations for this major fundraiser. Since proceeds from the barbecue sales will go to local charities and community service projects the day is a blessing for all. However, our success is highly contingent on the participation of our member's. In the very near future we will be soliciting your support in the role of server, cooker or clean up. In the past we have had the support of more than 100 plus members to make this event a super success. Our reward is aiding the local charities that seriously need our financial help. The greatest thing about Locust Grove AARP Chapter 5239 is the display of teamwork and energy in getting things done. The nice thing about teamwork is that you always have others at your side devoted to accomplishing the goals and objectives of our chapter.

Medicare Must Be Preserved and Strengthened

By Larry Eiben

Medicare provides affordable health care for 60 million seniors. Hardworking Americans pay into the program their entire working lives and are guaranteed benefits. It's a deal that must not be

broken. Congress must keep the promise it made a half century ago so the American people may continue to live with dignity and financial security as they age.

That's why earlier this year AARP successfully fought off drug company attempts to undo the law that closes the Medicare Part D doughnut hole a year early and lowers drug costs for seniors. AARP has also long opposed legislation that would reduce benefits or shift costs onto consumers, such as turning Medicare into a voucher program in which beneficiaries would receive a set amount of money each year for their health care. Vouchers would dramatically increase health care costs and risks for current and future retirees.

Within eight years, Medicare won't be able to pay full hospital benefits. Rising health care costs stemming from rapidly increasing prescription drug prices, new technology, and inefficient and uncoordinated care threaten Medicare and the entire health care system. Slowing down the rate of growth in costs is especially crucial for Medicare, as the number of enrollees is expected to increase by more than 20 million between 2018 and 2030.

People and their families must remain at the center of health care in partnership with providers, who must be held accountable for the cost and quality of care.

Want to learn more about Medicare and the Prescription Drug Program then attend the "MEDICARE WORKSHOP" scheduled for October 10, 2018, 1:00 PM to 4:00 PM, at the Lake of the Woods Clubhouse. Registration is required so log into www.lowlinc.org to insure a seat for the program.

Legislative News for September 2018

By Tony Quattromani

Mid Terms elections are coming fast so make sure you are registered to vote and that you are informed of the platforms of each of the candidates.

The Website, <https://vote.elections.virginia.gov/voting-registration> has a wealth of information for all voters. Among other bits of information, you can determine what district you may vote in based on your address. Note that all people who live in Lake of the Woods do not vote in the same district. Go to the website, enter your address and you will receive the information regarding your voting district and the location where you can vote in person. If you are new to Lake of the Woods, you may have to register to vote. You can do so online at the same website. NOTE: In order to vote in the November 6, 2018 election, you must be registered no later than October 15, 2018

If you do not have a computer at home you may contact the Orange County Board of Elections at:

146 Madison Road, Suite 204,
Orange, Virginia 22970

The office is opened 8 am to 5 pm,
Monday through Friday. Telephone: 540-672-4872

Finally, Lake Currents Newsletter publishes information in the issues leading up to the election.

There are also 2 clubs here at the Lake where you can get information:

The Democratic Club of Lake of the Woods

The Republican Women's Club of the Lake of the Woods.

Meetings of each club are announced in the Lake Currents Newsletter.

Be a responsible citizen, exercise your right to vote!

MEDICAL NEWS

By Sandi Frame

Long Flight Time and Blood Clots

Statistics suggest that about one person in 4,500 develops deep vein thrombosis (DVT) or blood clots within eight weeks after flying. Older adults are particularly at risk as are those who have a personal or family history of DVT, and those who are obese and/or smoke. If a fragment of the blood clot breaks loose, it can travel through the bloodstream and block an artery in the lungs (a potentially fatal condition called a pulmonary embolism). In some cases, the opening between the right and left heart chambers can allow the blood clot to enter the arteries of the heart, causing a stroke.

The link between long-haul air travel and blood clots is thought to be underpinned by dehydration, the pressurized cabin, and prolonged immobilization in cramped seats, all of which can impair circulation. You can reduce your risk by keeping as mobile as possible while you travel - take a walk around the aircraft cabin once or twice each hour. When you are in your seat, avoid crossing your legs and regularly flex and rotate your ankles to promote blood circulation. Avoid dehydration by drinking plenty of water (not tea, coffee or alcohol as these worsen dehydration).

DVT causes unexplained pain, tenderness and swelling, typically in the leg. Pulmonary embolism symptoms include shortness of breath, and chest pain that worsens with deep breathing or

painful and swollen calves after your flight - seek medical advice. If coughing – seek

emergency medical help immediately if you experience this in the days following your flight.

While clots are not as often suffered when on road trips, they do occur. The same advice applies to these trips too. Frequent stops to get out and walk, do ankle rotation and keep well hydrated.

Happy and safe traveling.

Source: **Women’s Health Reporter**, Volume 19, Number 6, June 2018



by Joan Albertella

A get well card was sent to Bonnie Rowan

A sympathy Card sent to Bonnie Rowan -on her brother’s passing

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



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.

SEPTEMBER BIRTHDAYS

By Ralph Scheuermann



Tina Aris, John Barnes
Ellen Bearden, Gordon Bentz
Bruce Bolgert, Charles Brewer
Hattie Brinsfield, Jean Bunting
Gil Churchill, Barb Dunbar
Carolyn Durphy, Janite Hamilton
Ruby Horvath, Phyllis King,
Brenda Lackey, Barbara Lacks
Nan Lamb, Donalda Lovelace
Jean MacIntosh, Alice Munsell
Irene Payette, Joy Poole
Ruth Price, Bill Ruark, Karl Salis
Jerry Schrage Elaine Shirkey
Marcia Shorten, Carolyn Spero
Margaret Spruill, Dee Tilliman
Ann Wood

**AARP CHAPTER 5239
GENERAL MEETING
AUGUST 20, 2018
LOW CLUBHOUSE, LOCUST
GROVE, VA
HIGHLIGHTS OF MEETING**

By Lea Lebar

Guest Speaker Violet Liberti introduced Genea Luck as our guest speaker. Ms. Luck is the Associate State Director of Multicultural Outreach for the Virginia AARP State Office. Ms. Luck began her presentation by informing us that Virginia has the most active AARP Chapters in the United States. She also stated that AARP is the largest non-profit organization in the United States and worldwide AARP is the

second largest non-profit member organization.

Dr. Ethel Percy Andrus founded the American Association of Retired Persons (AARP) in 1958 with the motto: "To Serve, Not to Be Served," which is still AARP's motto today. Some of the ways AARP serves the over "50" population is: being an advocate on issues such as health and wellness, social security, understanding your benefits, livable communities and finance management.

Other ways are:

Deliver relevant and unique information to members through magazines, bulletins, websites and outreach programs,

Make Available market changing products and services in healthcare, financial products and services, travel and lifestyles.

Utilize the Multicultural Outreach Program and Assist the Military.

These are just a few of the benefits AARP provides.

AARP is also a non-partisan organization.

Free Tax Service

Lew Sherman, AARP Site Coordinator for 13 sites, told our group that 13-14 people provide free tax filing services here in Lake of the Woods. In order to become a tax preparer, you must complete online study and pass a State test.

Baseball John Trach said there are 4 or 5 seats still available for the

September 22 game between the Nationals and the New York Mets. Contact John at 540-972-4883 or Dave Kraus at 571-334-4913 for ticket purchases.

Medicare Workshop Carolyn Rourke, Vice Chair of LOWlinc, spoke about the forth- coming Medicare Workshop jointly presented by AARP and LOWlinc

Membership Ralph Scheuermann reported that we had one new member join at this month's meeting and 4 guests attended.

Tours & Travel Barbara Ehlen announced that the Shenandoah and White House trips are sold out.

She is working on a trip to the Philadelphia National Flower Show for Tuesday, March 5, 2019.

Medical Tony Aris has available the Guardian Alert 911 system, a special combination lock for doors and a bracelet alert for anyone who is interested. For detailed information phone Tony at: 540-972-2016.

Refreshments A thank you goes out to Marianne and Dave Kraus, Alice Grgas and Ann Wood for all their help in making sure that our meetings have beverages and snacks each month

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

www.aarp5239.org

This Month's Meeting: September 17, 2018
Great Hall, Clubhouse 9:30

Next Month's Meeting: October 15, 2018
Great Hall, Clubhouse 9:30



The Power to Make it Better

OFFICERS

| | | | | |
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| 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

| | | | | |
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| Director | Norma Ervin | 1313 Eastover Parkway | 540-972-0652 | normaervin@verizon.net |
| Director | Joan Albertella | 111 Patrick Henry Court | 540-972-7779 | jfa1041@comcast.net |
| 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 | 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 | Tony Quattromani | 110 Wakefield Drive | 540-972-1324 | aquattromani@comcast.net |
| LOW Name Tags | Carolyn Durphy | 1105 Eastover Parkway | 540-972-3306 | Dolph1nlvr@msn.com |
| Medical | Sandie Frame Ralph | 103 Woodland Trail | 540-972-6385 | SandraFrame@Verizon.net |
| Membership | Scheuermann | 110 Larkspur Lane | 540-972-7118 | picaplus@comcast.net |
| Perspectives | Peggy Powell | 103 Tall Pines Trail | 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 |
| Silent Auction Chair | Karen Kovarik | 501 Wakefield Drive | 540-972-7866 | dkkovarik@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 |