



***PERSPECTIVES* – JANUARY 2024**

President's Letter – Garry Archer

Hello all. This is my first monthly letter as your chapter president. I would like to thank Pierre Payette for his assistance in helping get me started with the duties and responsibilities of the position. I also need to thank Carolyn Durphy for again assuming leadership position as vice president.

Our Christmas meeting was well received and it was great to see so many there during our busy holiday season. Thanks to all who made the event possible and to those who stayed and helped put away all the chairs and tables.

We will be having our first of the new year board meeting Monday, January 8th at 10 AM. The meeting will be held at the Fairways meeting room and among items to be discussed will be the club budget and possible fundraising activities. All are welcome so please feel free to attend.

Our next regular club meeting will be in the Community Center as the clubhouse is undergoing renovations. The meeting will be on January 15 and as usual will start at 9:30 for social hour and the actual meeting will be at 10 AM. Our speaker will be James “Bruce” Monroe, President of the Orange County African American Historical Society, who will be discussing aspects of Orange County historical roots which should be quite interesting. See more information in Karen's article below.

Finally, because this occurs on a holiday, there will be no staff from LOW to assist with set up or take down. We will need a few able-bodied souls to show up early - about 9:00 to assist with setting up the chairs and the speakers table, the table for membership (where you sign in) and one smaller one for 50/50 raffle. Hope you all can make this informative meeting.

Orange Virginia's Freedom Villages - Karen Kovarik, Publicity Chairman

Our next meeting, Monday, January 15 coincides with Martin Luther King Day, so we thought it appropriate to share an important part of Virginia's Black history – the Freedom Villages. Our speaker will be James "Bruce" Monroe, a native of Orange County, VA.

Mr. Monroe grew up in the Freedman's Village of Little Petersburg. He completed his education in Orange County Public Schools, graduating from Orange County High. He furthered his studies, earning an associate degree in business from Piedmont Virginia Community College. Dedicating part of his life to serving his country, Bruce volunteered with the United States Air Force during the Vietnam Era.

Post-retirement, James Monroe currently holds the position of President of the Orange County African American Historical Society, contributing to the preservation and promotion of local history. Additionally, he takes pride in being a member of the Montpelier Descendant Committee, further highlighting his dedication to community and heritage.

Freedmen villages in Orange were not only vital for providing housing but also played a pivotal role in nurturing a strong sense of community, fostering self-sufficiency, and cultivating economic independence among those who had recently gained their freedom. These villages were instrumental in shaping the social and economic landscape for African Americans in the post-slavery era. Over time, some of these villages evolved into enduring towns and cities, contributing significantly to the rich cultural and historical heritage of African American communities in the United States. The Great Migration, a notable chapter in 20th-century American history, witnessed a mass movement of African Americans from the Southern United States to the North. Within this broader context, members of Orange's Freedmen villages achieved remarkable success and made significant contributions to the nation's pursuit of freedom. Their resilience and accomplishments stand as a testament to the enduring impact of these communities on the trajectory of African American history.

January Birthdays – Pam Archer



Sparkling birthday wishes to Joan Albertella, Jim Drabant, Sandy Harrington, Karen Kovarik, Lana Marr, Toby Musatow, and Raymond Poole for their January birthdays!

Dues Time – Kathy Saladino

It is that time again when we collect dues for the year. The dues are \$10 per person. You may pay by check or cash and that can be done at the monthly meeting or mailed to AARP Chapter 5239, P.O. Box 945, Locust Grove, VA 22508.

Sunshine Report – Carolyn Durphy

There were no cards sent out in December. Please remember to send me the name of anyone that needs cheering up.



Tax-Aide – Pam Archer

The LOW AARP Tax-Aide site is scheduling appointments to e-file your Federal/State tax returns Feb 2 – Apr 13 from 9:30am-2:00pm at the LOW Community Center. Please pick up your information packet from the Wilderness Library lobby and call our scheduler at 540-318-0345 **once you receive ALL your tax forms.**

Tours & Travel – Pierre Payette

New trip! April 30 - May 2 (3 days, 2 nights) to Lancaster, PA. See Sight and Sounds' new production of "DANIEL". Also includes a dinner show of "RAGTIME" at the Dutch Apple Dinner Theater. Package includes 2 nights lodging at the Best Western in Intercourse Village, 2 breakfasts, 2 dinners, Bird in Hand Farmers Market, Turkey Hill Experience, Kitchen Kettle Village, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's gratuity.



Cost is \$665 pp double, and \$875 pp single occupancy. \$25 per person refundable deposit required to reserve a spot. Payments must be paid in full no later than February 26.

For information and reservations, contact Pierre Payette at 540-972-0519 or pierrel14@verizon.net

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 Project Lifesaver.

The Sheriff's Office is a member organization of Project Lifesaver International (PLI) whose mission is "to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition."

Project Lifesaver serves individuals with dementia, Alzheimer's disease, autism, and brain injury who are at risk for wandering. PLI clients wear a small radio transmitter on a wristband. Each transmitter operates on a unique frequency. When a client goes missing, the caregiver immediately calls 911. Specially trained law enforcement, fire and rescue professionals use Project Lifesaver receiver antennas to track the signal from the lost person's transmitter and locate them.

To help ensure that this life-saving equipment is working properly, Triad volunteers conduct monthly home visits to PLI clients to replace the battery, clean and test the transmitter, and review the caregiver logbook.

The majority of Orange County PLI clients are children and young adults on the Autism spectrum. The second most common reason for participating in the county program is memory loss or dementia.

PLI equipment and services are provided at no cost to eligible Orange County residents.

For more information about Project Lifesaver, please contact Deputy Ron Kesner, Triad Coordinator, at rkesner@orangecountyva.gov or 540-672-1536.

Charity Distribution - Kathy Saladino

Were you there to see? At our December 2023 gathering in the community center, representatives from various local charities were presented with checks from our AARP chapter based on our fundraising during the year. The Board officers considered many local charities at their November meeting and decided on the following to receive donations:

LOW Fire and Rescue
Living Waters Clinic
Paul Stephan House
S.A.F.E.

Sheriffs Office Triad Program
Wilderness Food Pantry
LOW Adaptive Water Sports

Recipients were very grateful to join us for the luncheon and receive the funds. Each explained a little bit about what they do in our community when they received their check.

If you care to be involved in 2024 to make this happen again—get involved with our projects throughout the year and step up to be on the board to help decide where the proceeds go. Fund raising ideas are always appreciated by the board; what do you want to be involved in? Let us know.

Coping with Dry Skin and Winter – Sandie Frame

When winter comes so often does itchy dry skin.

Dry skin can be a problem any time of the year, but the low humidity that often accompanies winter cold and wind can be especially tough on your hands, feet and legs, particularly when those areas are exposed. Low humidity prevents your skin from taking on enough moisture. Over-washing and use of harsh soaps and sanitizers can make the situation worse. The skin of older adults produces less hydrating oil reducing the skin's natural protection against drying and cracking. Itchy skin also can be a problem for young children.

Fortunately, winter itchiness typically goes away once the snow melts and the air get more humid. However, dry skin can be a year-around condition in climates where the humidity remains low no matter the season.

To prevent dry skin, try following these bathing habits:

- Limit yourself to no more than one bath or shower per day
- Use a soft, hypoallergenic soap that includes a moisturizer
- Use soap mainly on areas that need it; face, hands, armpits, groin and feet.
- After bathing, pat yourself dry with a towel, leaving a little water on your skin.

In addition, get into the habit of moisturizing your skin every day. Look for a lotion labeled “fragrance free” or “for sensitive skin.” Avoid moisturizers that have strong perfumes, abrasives or glitter. If a moisturizer irritates your skin, stop using it and switch to another brand or formula. Apply moisturizer at least twice a day. Moisturizers are especially effective if applied right after you bathe to help trap the moisture on your skin.

What you wear can matter, too. Loose fitting, cotton blends generally won't irritate your skin. Remember to cover the skin with adequate layers of clothing in cold weather.

Source: Mayo Clinic Health Letter Volume 42 No. 1 January 2024



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