

PERSPECTIVES

JUNE 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben



**TIME FLIES
WHEN YOU'RE
HAVING FUN**

Well here we are entering June already. Is it just me or does the time seem to be flying by! I can't believe I have been honored to serve as your president for the last year and a half. What a treat to work with so many who strive to improve the lives of seniors and local charities.

The Nominating Committee will soon be picking candidates to serve as Officer's and/or Directors for next year 2020. I urge you to step up when asked to serve. What a valuable way to give of your time, experience and leadership skills.

The Past President will select the members of the Nominating Committee. This committee will be composed of one member of the Board and two members from the chapter membership. If you would like to serve on this committee, contact Carolyn Durphy.

The question always comes up as to why I would want to serve as an officer in

our club. I give you several reasons not to pass up this great opportunity.

1. Your passion for this great organization and the willingness to help others.
2. Becoming a chapter officer will make your time in AARP even more enjoyable.
3. Serving as a leader will help you build strong relationships outside of our chapter.

Trust me, you won't regret it! One of the greatest gifts you can give is your time.

JUNE MEETING (PICNIC)

Program at AARP 5239

by Madeline Salustri,

Publicity Chair AARP 5239

Let's Gather for Party Time



Our monthly AARP meetings are a great and valuable source of information and guidance.

Now is the time to party! June 17 marks our annual picnic under the pavilion at Sweetbriar Park. So let's gather at 11:30 to share food, drink and fellowship. Members whose last names begin with A - I are asked to bring deserts, those whose last name begins with J - Z are asked to bring a side dish. Hot dogs and hamburgers will be provided. Bring your dish by 11:15 so that set up will be

complete by dining time. For further information call Larry (540) 972-1847.

MEDICAL NEWS

By Sandie Frame

Coffee/Sugar

1. Research has fairly consistently linked coffee consumption (regular or decaf) to a reduced risk of type 2 diabetes according to a recent symposium report from the nonprofit institute for *Scientific Information on Coffee*. Among the research cited is a 2018 analysis of 30 studies involving more than a million people published in Nutrition Reviews found that drinking three or four cups of coffee a day is associated with a 20 percent lower risk of developing diabetes compared to no coffee.

2. Don't assume that foods labeled "lightly sweetened" have just a touch of sugar. A case in point is Kellogg's Frosted Mini-Wheats Blueberry cereal which bears that tagline on the front of the box but has 12 grams of added sugar (nearly 3 teaspoons) per 2 ounce serving. That's not an extreme amount of sugar. Many cereals contain much more but it does supply a quarter of the total calories in the cereal and a quarter of the daily sugar limit set by the Dietary Guidelines for Americans for someone consuming 2,000 calories a day. You should consume no more than ten percent of calories from added sugar. The term "lightly sweetened" is not

defined by the FDA so this could mean almost anything. The same is true of "low sugar". The more trustworthy label terms are the FDA approved "sugar free" and "no added sugar". By the way, that "blueberry" in the Kellogg's cereal comes from artificial colors and added flavoring, not fruit.

Resource: **University of California Berkeley, Wellness Letter**, February, 2019



by Joan Albertella

Get -Well cards were sent to Joe McEuen, Roxanne Kessler and Ed Rowan

Sympathy cards were sent to Alice Munsell (sister's passing) and Grace McEuen (brother's passing)

Thinking of you card sent to John Trach

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

2019 AARP CHAPTER 5239 Dues

If you haven't paid your annual dues of \$10, you can pay your dues at the Monthly Chapter Meeting by visiting the desk of our Treasurer, Mr. Dick Durphy. Another option would be to mail in your check for \$10 to the following address:

AARP CHAPTER 5239
 P. O. BOX 945
 LOCUST GROVE, VA 22508

JUNE BIRTHDAYS

By Pam Archer, Membership



Connie Buttimer, Lucille Churchill
 Paul Conrad, Richard Durphy
 Roxanne Kessler, Stanley Lasover
 Jan Moore, June Romedy
 Carolyn Rourke, Bonnie Rowan
 Alex Salustri, Madeline Salustri
 Judy Schrage, Sheila Souther
 Gregory Stoner, Terry Terrenoire
 Ginny Thoms, John Trach
 Sandra Wemmerus

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!

AARP Legislation Update

By Ed Bunting

Six U.S. senators, three Democrat and three Republican, have introduced the latest legislative effort to protect patients from unexpected medical bills. The bipartisan STOP Surprise Medical Bills Act is meant to protect patients who get emergency care at an out-of-network facility, or by an out-of-network provider, patients who receive elective services at an in-network facility by out-of-network providers, and patients who need additional services at an out-of-network facility if they need medical transport from such a facility. Under this bill patients will only be responsible for their in-network cost sharing. It's good to know someone is riding herd on this unfortunate type of bill - always a shocker when received!

Here's what AARP is doing to make prescription drugs a bit more affordable. In March, our national organization launched STOP Rx Greed to persuade federal and state lawmakers to curb those ever-rising prices. Some of the actions being taken include:

Urging congress and the president to use the federal government's purchasing power to negotiate lower prices for Medicare.

Promoting prevention of drug companies from paying off generic manufacturers to delay bringing cheaper versions of medications to market.

Pushing for policies that would permit the federal and state governments to safely import prescription drugs from other countries.

Suggesting setting a federal cap on out-of-pocket prescription drug costs for Medicare enrollees.

Asking all elected officials to set policies that will hold drug manufacturers accountable for extreme price increases.

Hopefully, the efforts of policy makers and companies working together will, indeed, reduce drug prices for all Americans.

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.



**AARP CHAPTER 5239
GENERAL MEETING
May 20 , 2019
HIGHLIGHTS OF MEETING
By Lea LeBar**

Guest Speaker Our guest speaker, Rupali Dewan, was introduced to the group by Tina Aris.

Ms. Dewan is a Title IV ADA Specialist for ClearCaptions. Her topic was how to qualify, acquire and operate the

ClearCaptions phone for the hearing impaired. These phones are funded by the Federal Communications Commission (FCC) and are free to the users.

To qualify: A medical release form must be filled out by a hearing doctor (ENT) and medical records submitted.

To acquire: A ClearCaptions technician will come to your home to install your phone which also includes the equipment needed for installation free of charge.

To operate: The technician will show you how to use the phone and point out all the features. Some of the features are programming up to 100 contacts on the phone, being able to read and hear the conversation at the same time, if someone leaves you a voice mail, you will be able to read the printed message on the screen at a later time and a lifetime warranty to name a few.

For more information contact Rupali Dewan at 202-641-1655 or rupali.dewan@clearcaptions.com.

Membership Pam Archer reported that we did not acquire any new members but had one guest at the meeting.

Baseball Dave Kraus told us that 52 tickets were sold for the bus trip on May 16 to see the Nationals play the New York Mets. He is now trying to reserve a bus for a trip to Washington, D.C. for September 26 to watch the Nationals play the Phillies. If interested call Dave at 571-334-4913.

Woods Cares Woods Cares needs drivers as they are down to only 12 volunteers. This valuable service may be canceled if they don't get more volunteers. The service is free to all of the residents in Lake of the Woods. If you

would like to volunteer contact Ed Bunting at 1-724-523-5255 or Jeanette Embrey at 540-972-0726.

Picnic The annual picnic will be held June 17 in the Lions Pavilion at the Community Center. Everyone is encouraged to bring a dish to the picnic by 11:00 a.m. The event begins at 11:30 a.m. Larry Eiben will send out additional information prior to the event.

Fund Raisers Generals' Quarters will sponsor our fund raiser on May 28. If you purchase a lunch or dinner meal there on May 28, let the owners know you are doing this for AARP.

Harry's Alehouse will participate July 29 from 4:00 p.m. to closing.

Food Bank Norma Ervin, Chair needs someone to replace her.

Programs Tina Aris and Violet Liberti are phasing out their positions and need replacements.

TRIAD Tony Aris reminded everyone that he has the Guardian Alert System and will come out and install it for you. If you are interested, phone Tony at 540-972-2016 for details.

Meals on Wheels More volunteers are needed. Call Tony at 540-972-2016 if you would like to help.

Get Well/ Sympathy Cards Joan Albertella needs Get Well and Sympathy Cards that have written messages inside the cards. If you would like to donate contact Joan at 540-972-7779.

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

www.aarp5239.org

This Month's Meeting: June 17, 2019
Sweetbriar Park, Lions Pavilion 11:30AM

Next Month's Meeting: July 15, 2019
Clubhouse 9:30AM



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryjeiben@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	Larryjeiben@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 Durpny	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