



PERSPECTIVES - DECEMBER 2022

Presidents's Letter - Pierre Payette

Hi, everyone –

Now that Thanksgiving has passed, we get a couple of weeks to prepare for Christmas. This sure is a busy time of year.

First off, is the AARP Christmas Meeting/luncheon. If you haven't signed up yet, call Ann Wood or Rani Manhard. It is pot luck. We have invited representatives of the six charities that we are donating to, to attend as our guests. We will present their checks to them at that time. If they don't attend, we will mail their checks to them.

We will install our chapter officers at the Christmas luncheon.

I will need a couple of able bodied men on the morning of the luncheon (9:00 AM) to help me and the Community Center ladies set up all the tables and chairs. Should take an hour at most.

Kathy Saladino is still taking orders for the AARP t-shirts.

Tuesday, December 6th, 46 of us will board a bus for the Biltmore, in Ashville, NC. It should be a great time. The trip will end up with a profit of over \$1000, which will go towards next years' charitable donations.

See you at the Community Center at 11:00 AM on Monday, December 19th! I am looking forward to sampling everyone's delicious food.



Show You Belong! - Kathy Saladino

By the end of the year, AARP is putting in an order for AARP red shirts from our national association.

These shirts are preshrunk and a blend of 50/50 cotton and polyester; they are only sold in bulk, so you can't order one shirt later on if you decide you want one. We plan to wear them for events such as 4th of July on the Point, service days and other events where it's nice to be recognized as belonging.

Shirts are \$9.00 for small to extra-large sizes; \$11 for 2XL. Signing up for a shirt and payment can be made at our Christmas luncheon, Dec 19th with cash or check made out to "AARP Chapter 5239".

Installation of Officers and Directors – Carolyn Durphy

In order to align our board assignments with the calendar, we will have an installation ceremony at our December luncheon. We welcome to the board our newest director, Lynn LuHuray, and our incoming secretary, Deborah Conrad.

Standing Rules Update – Beth Drabant

The updated Standing Rules for AARP Chapter 5239 were approved by the general membership at the November 21, 2022 meeting and will be posted on our website. The committees are also listed on the last page of the newsletter.

Wilderness Food Pantry - Garry Archer

If you are interested and able to bring items for the Wilderness Food Pantry to our meetings, we've been informed that some items to consider are:

Condiments - ketchup, mustard, mayonnaise,
bbq sauce, salad dressing, relish, pickles

Over-the-counter health items - tylenol, advil,
cough drops, band-aids

Personal care items - shampoo, body wash,
deodorant, toothpaste, mouthwash, sanitary items

Your generosity is always appreciated and goes to aid others who may not be as fortunate.

Flu Shots Protect Against Heart Attack and Stroke – Sandie Frame

Getting vaccinated is more important than ever.

COVID-19 has taken center stage, but there is another virus that deserves the spotlight: influenza. The flu can be serious – even deadly – for people with heart disease, because it increases their risk of having a heart attack or stroke. That’s why doctors urge patients to get vaccinated against the flu every year.



Getting vaccinated lessens the likelihood you will get the flu. If you do come down with the flu anyway, your illness may be less severe, says Cleveland Clinic preventive cardiologist Luke Laffin, MD.

With the threat of COVID-19 ever present getting a flu shot is more important than ever. Although the flu vaccine will not protect you against COVID, it will lower the chance you will fall victim to both diseases.

Flu activity begins to rise in October and typically lasts well into the spring. During the 2019-2020 season, the US Centers for Disease Control and Prevention (CDC) estimates 39-56 million people in the US came down the flu. Of these, 740,000 were hospitalized and 62,000 died.

The CDC recommends getting vaccinated by the end of October, but it is never too late to get protection now.

The vaccine doesn’t offer 100% protection against the flu, because experts can’t accurately predict which strains of influenza A and B will occur several years in the future. The long lead time is needed to produce enough vaccine to meet demand.

In the past, vaccines have offered protection against three strains of influenza. For the first time this year, the vaccine will protect against four strains. This should mean fewer people contract the virus.

The flu is not going away, even though COVID-19 is here so if you have not gotten your flu shot please get vaccinated.

Source: Cleveland Clinic, *Heart Advisor*, Volume 21A, Fall 2022



December Birthdays - Pam Archer

Joyous December Birthday wishes to Garry Archer, Judith Ayers, Karen Cakouros, Donna Crawley, Timothy Edwards, Pamela Errigo, Robert Haring, Jackie Hill, Mark Leach, Hank Lewis, Michael Montie, Ed Rowan, Gail Sauro, Diane Sibley, Joseph Wascalus, Sandy Wilson, and Elaine Witcher

Sunshine Report – Carolyn Durphy

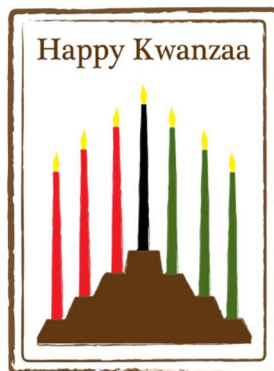
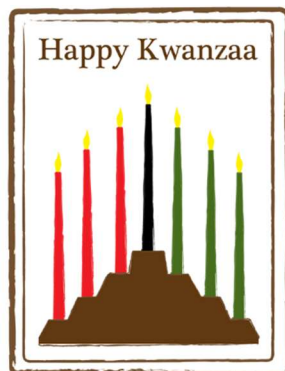
Please keep Frank Liberti and Vi in your thoughts and prayers while they are experiencing some health issues. A card was sent and if you hear of anyone else in the chapter who we should send a card to please let me know and I will fill in for Vi.



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 2022 in the book at one of our meetings, please send your total to Dave Kraus, krausman369@gmail.com. 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. We no longer 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 or the Food Pantry. He can include those if he receives them by early January.





AARP 5239
 PO Box 945
 Locust Grove, VA 22508

www.aarp5239.org

AARP Chapter 5239 Officers, Directors and Committee Chairs

OFFICERS

President	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
Vice President	Garry Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Secretary	Beth Drabant	530 Harrison Cir	703-399-4769	ead333@yahoo.com
Treasurer	Kathy Saladino	100 Dogwood Ct	540-412-5338	dockstaterny@gmail.com

DIRECTORS

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerryinjudy@msn.com
Director	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	wisecruiser@hotmail.com
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Director	Lynn LuHuray	119 Cumberland Cr	540-412-6762	marilyn_lehuray@comcast.net
Past President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com

COMMITTEE CHAIRS

Driver Safety Class	Vacant			
Email	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Food Pantry	Garry Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Lead Greeter	Susan Bhuller	106 Broken Iron Ct	540-840-3919	bhullersm@comcast.net
LOW Name Tags	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Health	Sandie Frame	103 Woodland Trl	540-972-6385	sandieframe@comcast.net
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Perspectives Newsletter	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Photographer	Bill Ruark	216 Confederate Cir	540-424-0223	wtruark@gmail.com
Program Co-Chairs	Bill Ruark	216 Confederate Cir	540-424-0223	wtruark@gmail.com
	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Publicity	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Rd	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green St	540-972-3326	callwood@aol.com
	Rani Manhard	310 Hillside Dr	540-972-7859	ranilow@verizon.net
Sunshine	Vi Liberti	115 Parliament St	540-972-1272	parliament115@verizon.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Beth Drabant	530 Harrison Cir	703-399-4769	ead333@yahoo.com
Volunteer Hours	Dave Kraus	127 Indian Hills Rd 5	571-334-4913	krausman369@gmail.com
Web Master	Sandy Davis	108 Cedar Ct	304-629-1662	sandyd11111@gmail.com