

# PERSPECTIVES

**AARP Locust Grove Chapter 5239**

web-site [www.aarp5239.org](http://www.aarp5239.org) e-mail [aarp5239@yahoo.com](mailto:aarp5239@yahoo.com)

September 2017

## PRESIDENT'S LETTER



by Carolyn Durphy

"School days, school days, dear old golden rule days". Do be aware of the school buses on the street and children crossing to board and get off.

It's that time of the year when the nominating committee will be asking you about accepting a position as an officer or a director. Give it some thought when you are approached. Our organization is always open to new and fresh ideas.

Larry Eiben and his team are on track with the election day BBQ. The sign-up sheets were out at the August meeting and will be out again for the September and October meetings.

October is also the AARP Food Drive. We will have a station at the front gate and at Walmart. The date is Saturday, October 21 from 9AM till 2PM. Please sign up for a shift if you are able. Norma Erwin is heading up this drive.

And one more thing – do enjoy our great fall season that is fast approaching. The fall foliage is always so beautiful in our Virginia mountains. Can't believe that it is September already!!!

One last thought – *Life isn't fair, but it's still good and remember to burn the candles, use the nice sheets, wear the pretty clothes and don't save them for a special occasion. Every day we wake up, alive and breathing is a special occasion!!*

## NEW MEMBERS

The following joined our chapter at the August meeting. Albert DeSoiza, Sue East, Candace Maxwell, Marlenah Spencer, and Cliff and Mary Kay Wilks. We are very happy to welcome you.

## SEPTEMBER 18 MEETING



Madeline Salustri

## AARP Meeting = a bomb, off the hook, sick, wicked sick

Submitted by LOW AARP 5239

What? you mean you didn't understand that? Madeline Salustri, Lake of the Woods resident and member of LOW AARP will be featured at the September 18 meeting of the organization. She has shared her humorous and informational talks with the AARP annually.

This year Salustri offers Language: A Playground for the Mind, a playful journey into the origins, status and changing forms of language throughout civilization. She will undoubtedly stir memories with forays into words from your youth

The above title of this article introduces words from our current youth. All of the expressions mean the same thing. Great! In other words, join the AARP at its September 18 meeting to hear a wicked sick talk (very great talk) about language. Come at 9:30 am for goodies and fellowship. The meeting begins at 10:00 am. All are welcome. For more information or questions call Carolyn Durphy at 540 972 3306.

## SEPTEMBER BIRTHDAYS (Virgo and Libra)



Tina Aris, John Barnes, Ellen M. Bearden, Ken Bentz, Charles Brewer, Hattie Brinsfield, Jean Bunting, Gil Churchill, Carolyn Durphy, Janite Hamilton, 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.

## MEDICAL NEWS

By Sandi Frame

### 6 Steps to Better Brain Health

In the last few years several studies have suggested that a healthy lifestyle reduces the risk of Alzheimer's disease (AD). One trial demonstrated that targeting multiple life style factors including diet, physical activity and cardiovascular risk factors and engaging in "brain training" slowed cognitive decline in seniors. They cautioned that there is no guarantee a healthy lifestyle can prevent (AD), however the weight of evidence is persuasive that – along with other protective measures - it may benefit cognition.

**Step 1. Get Physical.** Studies suggest that sedentary seniors have a 50 percent greater risk for dementia than those who get regular



exercise. In one study, people who took the most exercise had a greater brain volume than their less active peers, and those, age 75 and older gained the most benefit from increasing the amount of exercise they took. These are the guidelines recommended by the Centers for Disease Control and Prevention:

Aerobic Exercise: at least 150 minutes per week of moderate-intensity aerobic exercise, such as brisk walking, or 75 minutes per week of vigorous exercise (such as jogging). Strength-training sessions: that work all of the muscles groups (arms, shoulders, chest, abdomen, back and legs).

**Step 2. Flex Your Brain.** Much research has linked formal education to a reduced risk for dementia. It might be that people who are better educated also may be more likely to eat a healthy diet and get plenty of exercise. There is evidence education may reduce Alzheimer's pathology in the brain. Many public colleges have tuition waivers and or discounts for older adults. Also try Open Yale



([www.oyc.yale.edu](http://www.oyc.yale.edu)) which offers free lectures and other learning materials from selected Yale courses and Kahn Academy ([www.Khanacademy.org](http://www.Khanacademy.org)), which offers a wide range of fee online courses. BrainHQ ([www.brainhq.com](http://www.brainhq.com)) is one option reported to have benefits for your brain beyond just making you better at online games. Problem solving puzzles or learning to speak a foreign language or play an instrument will also challenge your brain.

Step 3 through 6 will be in next month's issue.

Source: *Women' Health Reporter*, Volume18, Number 7, July 2017

## SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Jane Tobin, David Kovarik, and Ed Roessler and a sympathy card to Karen Kovarik.

If you know of someone needing a card or note contact Joan at - [jfa1041@comcast.net](mailto:jfa1041@comcast.net). Please include the address if you know it.

Culpeper, Fauquier, Madison, Orange and Rappahannock



## TWO PUBLIC SERVICE ANNOUNCEMENTS by Ginny Biggs,

Are you caring for someone with a long-term, chronic illness? Are you seeking information on care options in our community? Join Aging Together on Tuesday, September 26, from 10 am to 1 pm at **Lake of the Woods Church** for “Navigating the Stages of Senior Care”, a panel of seven professional speakers on topics including skilled nursing, in-home care, rehab, palliative care and more. Thanks to UVA Healthsouth and American Woodmark, this program is free and include lunch and an informational resource binder. Call 540-829-6405 or visit [agingtogether.org](http://agingtogether.org) for more information.

## Annual “Art of Aging EXPO”. by Ginny Biggs

Join Aging Together on Tuesday, October 3rd, 10 to 2, for our 5th Annual “Art of Aging EXPO”.

More than 50 exhibitors; flu shots; mobile mammography van; Mark Grove, PBS Antiques Appraiser; shredding truck; health screenings; product samples; seminars on yoga, healthy eating, self-defense, rock-painting and much more! Meet Mike Nelms of the Redskins! Seniors of all ages, veterans, caregivers, families and the public are all welcome. **All free! Germanna’s Daniel Technology Center in Culpeper.** Call Ginny Briggs at 540-829-6405 or visit [agingtogether.org](http://agingtogether.org) for more information.

## AARP Planning Election Day Chicken Barbecue

**By Larry Eiben, Chief Chicken**

Election Day, Tuesday, November 7, is quickly approaching, and members of AARP Chapter 5239 are gearing up for a chicken barbecue. Larry Eiben is leading the preparations for this major fundraiser. Since proceeds from the barbeque 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 members. 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 success. Our reward is aiding that the local charities seriously need our financial thing help. The greatest about Locust Grove 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.



## SILENT AUCTION: IT’S NEVER TOO LATE!

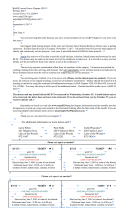
**by Karen Kovarik,  
Chairman**

It is never too late to clean your closet, garage, or even kitchen cupboards. The Silent Auction needs your unwanted treasures if we are to make a meaningful contribution to the many charities AARP supports in our community. Call to arrange a pick up or drop off (540-9722-6866).



## Chicken BBQ tickets are in the mail.

You should have received your letter with



your four (4) tickets on the bottom of the letter. Please send in your money or bring to the next meeting. If you are not able to purchase all four any amount is great. If you can’t sell or use the tickets, please return them. Thank you. Remember all the profits to charities or worthy causes.

## HEADS UP! FOOD DRIVE SCHEDULED FOR OCTOBER 21!

from Norma Ervin, Chair

On Saturday October 21, LOW AARP will hold its annual Food Drive to benefit the Wilderness Food Pantry.

Our chapter has a great history of donating to this worthy cause; this year should not be any different. I'll be handing out donation bags at the SEPTEMBER meeting, which will give you plenty of time to fill them up!

Items gladly accepted are peanut butter, jelly, "helpers" and other meal makers, canned meats (spam-hash) canned stew and chili; canned beans of all sorts; canned veggies (peas, green beans, corn), pasta sauce, canned fish, 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), dry pasta, condiments such as catsup, mustard and mayo.

We're adding Walmart as a collection point again this year, and volunteers will be needed to work there and at our usual pick-up point in the parking lot across from the guard house. PLEASE call me with questions, and to add your name to the work list. (Norma Ervin 0652)

## AARP TAX AIDE FOUNDATION VOLUNTEERS NEEDED

by Carla Wascalus, Volunteer



I know tax season is completed and you probably don't want to think about taxes again until next year, unless you pay estimated taxes. Question, do you do your own taxes? Do you use a program on the computer such as Turbo Tax? If you do, you can be a volunteer. The Lake of the Woods VITA tax site is in desperate need of people to work the tax program for our friends and neighbors. Our site did about 355 Federal and 349 State filings this year. In the last couple of years several of our workers have retired,

so we really need help. We work on Friday (9:30-2:00) and Saturday (8:30-2:00) each week February until April 15. Training will be provided as well as a laptop. We are a friendly group and help each other out all the time. If you can't come every week that is all right, we accommodate vacations, appointments, and illness. Even if you could only work one day a week it would be helpful. If you have questions or want to volunteer contact Carla at 972-2436 or cpw\_low@yahoo.com. Thank you for considering.



TRIPS AND

## TOURS



**The 16 Sept. 2017 Ballgame is full but if someone has to drop out at the last minute you can put your name on a waiting list.** At the moment there is no one on the list. The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, September 16, and the opponent will be the Los Angeles Dodgers. The game starts at 1:05 p.m. and participants need to be on the bus in the Clubhouse lower level parking lot by 10:15 a.m.

The tickets are \$75 per person and covers the bus ride and a game ticket. Checks should be made out to AARP Chapter 5239 and mailed to Dave Kraus, 127 Indian Hills Rd. - Nick Duy, 606 Cornwallis Ave. - John Trach 104 Constitution Blvd. For further info call: Dave Kraus 571-334-4913, Nick Duy 972-0350 - John Trach 972-4883



**REDUCTION IN PRICE from \$96 to \$76.**

**Tall Ships and Wooden Boat Festival Sunday October 29, 2017**

\$76.00 leave 8:00 a.m. return 6:00 p.m.  
Please see the flyer under downloads for the Tall Ship Festival trip with the link if you choose to sail, giving information on the ships that are participating in the 2 1/2 sail. It's recommended to book at least 2 months in advance since it's based on availability and is a big event. There isn't a charge just to tour the ships. The link is also here <http://sultanaeducation.org/public-programs/sultana-public-sails/downrigging-weekend-2/participating-tall-ships/>.

Please make reservations early even if you are not sailing on the ships.

**Myrtle Beach SC – October 3-6**

Your package includes: \* deluxe motor coach transportation \* 3 nights accommodations at the beach cove resort oceanfront \* 3 full breakfasts \* 3 dinners \* admission to two shows at Alabama Theater and Carolina opry \* time at Broadway at the Beach and Barefoot Landing where you are welcome to enjoy shopping, entertainment and some great attractions \* baggage handling \* hotel taxes and gratuities on planned meals \* Price; \$599.00 p/p double, \$559.00 p/p triple \$745.00 single

For more information on all trips contact Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com). Also see flyers on chapter website under downloads for more information.

**PIERRE IS PLANNING 2 TRIPS FOR 2018.**

1. Sight & Sound to see JESUS. 2nd or 3rd week in April
2. Opryland Country Christmas. 1st or 2nd week of December.

Please keep these trips in mind when you are planning your next year's travel. Details forthcoming.

**Volunteers are still needed on the Travel Committee. Contact Carolyn Durphy at 972-3306 if you are interested in leading a trip. Pierre Payette, 972-0519, can give you some contact information about working with tour and bus companies.**

**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.

**The Lions Wilderness Food Pantry.**



**BREAKFAST**

Food Pantry continues to need our assistance. The number of families needing support remains very high. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to the Wilderness Food pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

**Coupons -**  Carla will be collecting the box-top for education coupons. A special thank you goes to all those who save these items for charity.

classes and demos, store tours and community events. Individual consultations by appointment costs \$25 for a one-hour session which is refunded as a \$25 Giant gift card at the end of the consultation. She can be reached at 540-785-1030 or 410-308-9791

### Highlights of the Aug 21 Meeting:

**By Lee LeBar, Secretary**

**Guest Speaker** Lindsay Pugliese, MS, RD, LDN was introduced to the attendees by Tina Aris as the guest speaker.

MS. Pugliese is an In-Store Nutritionist for Giant Foods and she spoke about the importance of: Eating real foods, rather than processed foods. Having half your plate covered with fruits and vegetables at every meal, whole grains, and protein. Never skipping a meal and drinking 54 oz. of water per day. Comparing labels, planning ahead and treating treats as treats.

Ms. Pugliese provides individual consultations,

### The full monthly treasurer's report will be found on the web site. August 31, 2017 Treasurer's Report

Tours and Trips	Total Received	Total Disbursed	Balance	bal 2016	Bal in 2017
				\$100.0	
Amishland 2017 Trip	\$15,128.72	(\$13,236.00)	\$1,892.72	0	\$1,992.72
				\$200.0	
Nationals Ball game 2017	\$4,440.00	(\$3,566.00)	\$874.00	0	\$1,074.00
Nationals Ball game Sept 2017	\$3,375.00				\$3,375.00
Ship to Shore	\$830.00				\$830.00
				\$300.0	
Total Tours & Trips	\$23,773.72	(\$16,802.00)		0	\$7,271.72

#### Accounts for Month

Checkbook Balance 07/31/2017	\$6,815.53		
Total Income	\$106.25	Ckbk Bal 12/31/2016	\$1,719.27
Total Expenses	\$0.00	2017 incoming	\$6,424.50
			(\$1,221.99)
Total Tours & Trips Received	\$3,375.00	2017 outgoing	)
Total Tours & Trips Disbursed		Trip received	3375.00
Checkbook Balance	\$10,296.78	Trip balance***	
Interest Bearing Account	\$1,096.54		\$10,296.78
Petty Cash	\$114.00		
Total Accounts	\$11,507.32		

\*\*\*completed -transferred to Incoming

## **'LOW 50th Anniversary Throw'**

By Carla Wascalus, Susanna Chandler Chapter, DAR Treasurer

**The Susanna Chandler Chapter, DAR has created a Throw for the 50th Anniversary. All proceeds will go towards purchasing heavy duty sweat suits for veterans in Virginia. The Throw is \$50 with free shipping in LOW. Checks and/or Cash only.**

**Contact: Kerry, 540-972-3238 for information**



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[aarpchapter5239@yahoo.com](mailto:aarpchapter5239@yahoo.com)

**This Month's Meeting: September 18, 2017**  
**Great Hall Clubhouse, 9:30 a.m.**

**Next Month's Meeting: October 16, 2017**  
**Great Hall Clubhouse, 9:30 a.m.**



## *The Power to Make it Better*

### OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	dolph1nlvr@msn.com
Vice President	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	<a href="mailto:pegpowl@aol.com">pegpowl@aol.com</a>

### DIRECTORS

Director	Joyce Bowers	323 Yorktown Blvd	540-972-9325	Bjbower1@verizon.net
Director	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Pool	262 Washington Street	540-972-7268	Pool123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
Past President	Tony Aris	301 Limestone Lane	540-972-2016	<a href="mailto:aanthony48@aol.com">aanthony48@aol.com</a>

### COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
<b>Email/Membership/ Perspectives</b>	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Ct	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 St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
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 Ave	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 Ct	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
TRIAD	Doris Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Pkwy	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington	724-523-5255	jandebun@yahoo.com