



## ***PERSPECTIVES* – DECEMBER 2024**

**[www.aarp5239.org](http://www.aarp5239.org)**

### **Presidents Letter – Garry Archer**

As another year comes to a close, I am heartened by the increase in membership, the new folks starting to come forward to assist in some of our committees and others offering up ideas and generally engaging in our club.

While I see good things occurring in our chapter, I also see we will have some possible changes coming as well. First and foremost is we appear to be losing our regular meeting spot in the clubhouse and will now use the lower level of the clubhouse. The challenge here will be the requirement for setting up chairs for members and tables as needed. As we confirm our location for 2025, I will give out more details on what is needed. We will also be continuing our requests for people to assist with the committees so no committee is simply one person.

With a sad note we had to say goodbye to Karen Kovarik, who passed away earlier this month. Karen was a very talented wordsmith and a long-time active member of our chapter. She will be missed very much.

Finally, I would like to remind all that we will have our Holiday luncheon at the Community Center on Monday, December 16<sup>th</sup> and would ask anyone who can, stay a few minutes to assist with the breakdown. The folks at the Community Center will set it up for us.

I am hoping to see as many members as possible because this is a good time to meet and visit with other club members. Remember that this will be our last meeting until February so that's another good reason to attend our last meeting of 2024.

Thanks to all who helped make 2024 a success and let's make 2025 even better!

## Chapter 5239 Holiday Luncheon – Ann Wood & Rani Manhard



We want to welcome all our AARP members and guests to our Holiday luncheon on **Monday, December 16**, at the Community Center. Please bring your dish to pass at 11:00 am, as we will begin eating about 11:30. We are asking that those with last names beginning **A - E bring dessert**. Those with last names beginning **F - Z bring a main or side dish**. Please note that we are unable to plug in any crockpots, warming dishes, etc in the auditorium so please plan accordingly.

We will be presenting our donations to the charitable organizations, as we usually do.

### 2025 Dues – Kathy Saladino

A reminder that 2025 Chapter membership dues are due beginning in January so get a jump on next year and remember to pay your dues at the luncheon or you can always send a check in the mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508.

### Report Your Volunteer Hours – David Krause

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 2024 in the book at one of our meetings, please do so at the December holiday gathering or send your total to me at [krausman369@gmail.com](mailto:krausman369@gmail.com).



You can report only those hours spent on activities sponsored or supported by our chapter. That includes time spent performing your duties as a chapter officer or committee member. Do not include hours spent on behalf of other organizations. I will continue to accept 2024 hours into January.

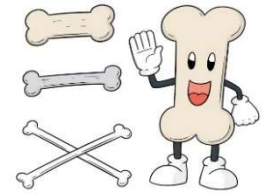


### Food Pantry – Pam Derreberry

Items needed for Winter at the Food Pantry: Side dishes (mac and cheese, rice dishes, etc – think something warm!) and soups.

## **BONES – Joan Albertella**

When you're young, your body adds more bone than it removes. Around age 30 bone building slows while bone removal speeds up. Cavities in the bone can grow and make bones more vulnerable to fracture. Weight-bearing and resistance exercises are essential bone protectors and help strengthen your back. Do 30 minutes of weight-bearing exercises most days of the week and resistance exercises 2-3 times a week. Depending on the severity of one's osteoporosis, you should avoid risky movements that put stress on the spine.



Other recommendations:

Choose the right Calcium supplement. Your body can't absorb more than 500-600 mg of calcium at one time so you don't need a supplement that provides more than this amount. Consider quality of the supplement. Look for USP on the bottle – indicates it was tested and meets industry standards for manufacturing quality and purity. Vitamin D – take a supplement – 1000 IU (20-25 mcg). Eat more vegetables, fruits and whole grains. Limit sugar and sodium (no more than 2300 mg. (1 tsp). Eat adequate protein – beans, lentils, soy, nuts, fish, poultry, and lean meat.

Source: Mayo Clinic Bulletin

## **Recycle Beyond the Bag – Nan Lamb**

The LOW Lioness Club is collecting plastic bags until the END of DECEMBER so hurry up and drop them off soon! This is for the Recycling Challenge that will be turned into a bench to be placed somewhere within the lake. They need 1000 pounds of bags to do this! Our chapter agreed to assist in this endeavor. Drop off boxes are located on the front porches at 319 Liberty Blvd and 419 Wilderness Drive. Or you can bring them to our meetings and Nan Lamb will deposit them appropriately.

From the store - Produce bags, store bags, ice bags; From your pantry - Ziploc & other re-closable bags, cereal box liners, case overwrap, bread *bags*; and From your front door - Newspaper sleeves, dry cleaning bags, bubble wrap, plastic e-commerce

## **December Birthdays – Pam Archer**



Jolly December birthday wishes to members Garry Archer, Marion Doherty, Timothy Edwards, Robert Haring, Jackie Hill, Michael Montie, Elaine Witcher Pod, Christopher Rapin, and Chris Scheick.

**Sunshine Report** – Carolyn Durphy

A Get-Well card was sent to Pierre Payette who was recovering from surgery. A Sympathy card was sent to the family of Karen Kovarik. Karen's obituary can be found at:

<https://www.legacy.com/us/obituaries/fredericksburg/name/karen-kovarik-obituary?id=56940643>



Please let me know if there is someone who you know that would like a card from us.



**Happy Kwanzaa**

**Happy Hanukkah**

**Merry Christmas**