



## **PERSPECTIVES - JANUARY & FEBRUARY 2022**

**Carolyn Durphy – President &**

**Pam Archer – Membership**

Happy New Year on January 1<sup>st</sup> and Happy Valentine's Day on February 14<sup>th</sup>. What a month January was. Starting on the 3<sup>rd</sup> we had the worst snowstorm in many years. We got a total of about 12 inches of snow and a lot of us lost power for 5 days. Thank goodness for woodstoves and gas fireplaces and generators. My kitty Heidi and I huddled up in the family room and kept the woodstove piled up. Also, was thankful that my daughter and son-in-law that live just up the street and also for great neighbors. Then I got hit hard with the flu for a couple of weeks. I was tested and did not have COVID or pneumonia. I am getting my appetite back and most of my strength. Sure glad to see January over!!! Let's pray for better times beginning in February.

Would like to thank Pierre and Irene for a wonderful trip "Christmas in the Smokies" that we went on the first week of December. There were 44 of us and we all had a great time. Would like to go back again to see some of the events that we didn't get to see this time. It is a great place to visit. Hoping to have some pictures on our Web site. If you went and have pictures to share, please contact our Webmaster Sandy Davis.

For the time being, our AARP chapter will continue to suspend meetings until further notice. Pam and I will continue to send out the newsletter but we would appreciate any comments or articles you would like to submit. It gets tough at times to make it an interesting publication. Please feel free to reach out to either of us.



**January & February Birthdays – Pam Archer**

Warmest of belated birthday wishes from January to: Joan Albertella, Elizabeth Arndt, Raymond Arndt, Richard Bergmann, Katherine Causby, Lee Defibaugh, Pam Defibaugh, Jane Gullickson, Karen Kovarik, Angelo Laviano, Toby Musatow, Raymond Poole, Marlene Wareham, Bill Wemmerus

Heartfelt birthday wishes February to: Kathleen Bradie, Neil Buttimer, Elizabeth Drabant, Sue East, Barbara Ehlen, Irving Grimes, Ed Kessler, Frank Liberti, Patricia Lieb, Kim Lyttle, Mike Musatow, Robin Neff, Doug Pope, Charles Raines, Barbara Rakes, Micky Talbott, Richard Ticomb



**Sunshine Report – Vi Liberti**

A sympathy card was sent to the wife and family of Mike Pulice  
If you know of any of our members that we should send a get well, thinking of you, or sympathy card, please be sure to contact Vi with that information.

## **Sudden Memory Loss – Sandie Frame**

This is the example given: Wife suddenly could not remember where she was and kept forgetting even after being told. They went to the emergency room where the doctors told them it was something called transient global amnesia and it would go away in a day or less. It did, but they were still worried about the wife. Did she have a stroke?

Watching a loved one lose their memory – even if only temporarily – can be a distressing experience. Because serious conditions such as stroke or seizure can cause memory loss, always seek immediate medical attention if experiencing these symptoms. The family did the right thing by going to the E.R. so that doctors could rule out these other conditions.

People experiencing an episode of transient global amnesia (TGA) can't form new memories and may not remember recent events. They typically cannot remember where they are or how they got there. They also often repeat the same questions (How did we get here?) because they can't remember the answers they were just given. However they still remember their identities and people they know well. Problems with speaking and muscle control or coordination are not usually present, which can differentiate an episode of TGA from something more serious, such as a stroke.

There are theories as to what causes TGA but no definite answer. People over the age of 50 and those with a history of migraine are probably at higher risk. Certain events – such as extreme positive or negative emotional stress, immersion in extreme hot or cold water, sexual intercourse, or intense physical activity – are thought to be triggers. Because the cause is unclear, there is no way to prevent an episode for occurring.

TGA is not considered harmful and usually goes away after a few hours. While it is possible a person could experience another episode of TGA it is rare to have more than three or four in a lifetime.

Source : *Mayo Clinic Health Letter*, Volume 39, Number 10, October 2021



## **Christmas in the Smokies – Pierre Payette**

The first week of December, 44 of your family, friends and neighbors went on a 4 day trip to Gatlinburg and Pigeon Forge, Tennessee. The trip was billed as "Christmas in the Smokies." We went to several shows, toured a moonshine distillery, visited the Great Smoky Mountains National Park, and Dollywood. We also had free time in Gatlinburg. The weather was great, and a good time was had by all.

On another note, the trip to see DAVID at the Sight and Sound Theater as part of a trip to the Amish Country the first week of May, has been cancelled due to the uncertainty of the viable operation of our AARP Chapter. Should the Chapter again operate in a normal procedure, the trip MAY be rescheduled for a later date.

## **Thinking about Purchasing or Leasing a Car – Greg Stoner**

If you or anyone you know or hear about wanting to buy or lease a new Subaru, please contact Greg Stoner at [gstoner65@gmail.com](mailto:gstoner65@gmail.com) or call him at 540-388-2540. Greg and Gail are Subaru Ambassadors and have \$500.00 gift certificates to give anyone to help in the purchase or lease of a new Subaru. There are no strings attached and the process just takes a couple of minutes. The certificates are good for 90 days and can be used at any Subaru dealer in the United States.





### **AARP Tax-Aide – Pam Archer**

Tax Preparation will once again be on Fridays and Saturdays and will begin on Saturday, February 12<sup>th</sup>. You will need to fill out your tax packet at home before you drop it off during your appointment. Tax packets may be picked up at the Wilderness Branch Library on Flat Run Road. We are doing our best to keep the library supplied (please only take one packet for yourself) but due to high demand they do sometimes run out temporarily. Once you have received all of your 2021 tax forms you should call Ed at 540-318-0345 to make your appointment.





**AARP 5239  
PO Box 945  
Locust Grove, VA 22508**

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

**AARP Chapter 5239 Officers, Directors and Committee Chairs**

**OFFICERS**

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com">durphyc@gmail.com</a>
Vice President	Paul Conrad	216 Wilderness Ln	540-993-9459	<a href="mailto:paulattylaw@yahoo.com">paulattylaw@yahoo.com</a>
Secretary	Beth Drabant	530 Harrison Cir	703-399-4769	<a href="mailto:ead333@yahoo.com">ead333@yahoo.com</a>
Treasurer	Joe McEuen	110 Yorktown Blvd	540-972-2054	<a href="mailto:mac3rdgd@gmail.com">mac3rdgd@gmail.com</a>

**DIRECTORS**

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	<a href="mailto:dkkovarik@aol.com">dkkovarik@aol.com</a>
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	<a href="mailto:jerryvjudy@msn.com">jerryvjudy@msn.com</a>
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	<a href="mailto:gstoner65@gmail.com">gstoner65@gmail.com</a>
Director	Al Rico		501-400-2527	<a href="mailto:alrico@peoplepc.com">alrico@peoplepc.com</a>
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com">archers0526@gmail.com</a>
Past President	Vacant			

**COMMITTEE CHAIRS**

Chicken BBQ Chair	Vacant			
Driver Safety Class	Vacant			
Email	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com">archers0526@gmail.com</a>
Food Pantry Liaison	Garry Archer	1101 Eastover Pkwy	540-907-7579	<a href="mailto:archers0526@gmail.com">archers0526@gmail.com</a>
Lead Greeter	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
Legislative	Vacant			
LOW Name Tags	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com">durphyc@gmail.com</a>
Medical	Sandie Frame	103 Woodland Trl	540-972-6385	<a href="mailto:sandieframe@comcast.net">sandieframe@comcast.net</a>
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com">archers0526@gmail.com</a>
Perspectives	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	<a href="mailto:durphyc@gmail.com">durphyc@gmail.com</a>
	Pam Archer	1101 Eastover Pkwy	607-237-5018	<a href="mailto:archers0526@gmail.com">archers0526@gmail.com</a>
Photographer	Bill Ruark	216 Confederate Cir	540-219-8261	<a href="mailto:wtruark@gmail.com">wtruark@gmail.com</a>
Program Co-Chair	Bill Ruark	216 Confederate Cir	540-219-8261	<a href="mailto:wtruark@gmail.com">wtruark@gmail.com</a>
	Joan Albertella	111 Patrick Henry Ct	540-972-7779	<a href="mailto:jfa1041@comcast.net">jfa1041@comcast.net</a>
Public Relations	Vacant			
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Rd	703-298-1074	<a href="mailto:krausman369@gmail.com">krausman369@gmail.com</a>
Refreshments: Goodies	Ann Wood	110 Green St	540-972-3326	<a href="mailto:callwood@aol.com">callwood@aol.com</a>
	Rani Manhard	310 Hillside Dr	540-972-7859	<a href="mailto:ranilow@verizon.net">ranilow@verizon.net</a>
Sunshine	Vi Liberti	115 Parliament St	540-972-1272	<a href="mailto:parliament115@verizon.net">parliament115@verizon.net</a>
Tours/Travel	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	<a href="mailto:wisecruiser@hotmail.com">wisecruiser@hotmail.com</a>
	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
TRIAD	Delores Wiberg	35442 Wilderness Shores Wy	540-399-1531	
Volunteer Hours	Dave Kraus	127 Indian Hills Rd	571-334-4913	<a href="mailto:krausman369@gmail.com">krausman369@gmail.com</a>
Web Master	Sandy Davis	108 Cedar Ct	304-629-1662	<a href="mailto:sandyd111111@gmail.com">sandyd111111@gmail.com</a>