

PERSPECTIVES

May 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org

PRESIDENT'S LETTER



GOD BLESS VOLUNTEERS By Larry Eiben

As you know or may not know, April 15 – 21 was National Volunteer Week. President Richard Nixon established National Volunteer Week with an executive order in 1974 as a way to recognize and celebrate the efforts of volunteers. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors).

I take great pride in the volunteer work our members complete annually and thanks to David Kraus for tracking these hours. Remember, it is important to report your hours at our General Meeting because we report this information to the State AARP office. I know the number of volunteer hours is huge, and I strongly believe not everyone takes the time to report their efforts/hours. If you can't make the meeting send me an email and I will insure the information gets to Dave. We have 21 separate committees and 10 Officers/Directors who give of their time on a daily basis and I want to **THANK ALL OF YOU** for your excellent work.

I'm sure few may understand the Economic Impact of your efforts. The Value of Volunteer Time, which is updated annually, is made available by Independent Sector. The current Independent Sector rate is \$23.56 per hour. Want to calculate your Economic Impact – follow the table below and I'm sure you can come close:

Volunteer Hours/Economic Impact

25	\$ 589.00
50	\$1178.00
75	\$1767.00
100	\$2356.00

To sum it up, the group "Points of Light" states that there are 20 million hours of volunteer service per year, 5 million

people engaged per year, with an annual dollar value of volunteer hours at \$482 million. For those of you who are volunteering within your community, thanks and keep up the great work!

May MEETING

Program at AARP 5239

By Madeline Salustri, Publicity Chair



A Musical May Monday Morning with AARP 5239 on May 21

Enjoy **VOICES**, a performing singing group, who will entertain AARP on May 21 at the Clubhouse. The ensemble, comprised of four women vocalists, is part of a larger group that was started by Mandy Carr in 2015. Each member had been a performer in a singing group that was disbanded. Their love of song prompted them to continue to fulfill their mission of performing for clubs, community events and regional happenings in order to bring joy not only to themselves, but to their audiences.

VOICES has performed for gated communities, churches, assisted living homes, the state convention of Honorary Women Educators, Lions Clubs, Civic Clubs, Dominion Raceway, Radley Car show and private parties, among other venues. Their programs include doo wop

oldies, Broadway, Spirituals, Patriotic and seasonal pieces.

The group rehearses twice each month in Fredericksburg and is directed by its founder, Mandy G. Carr. Accompanist is Marilla Hass and personal director is Denise Luck. **VOICES** is supported by donations and the group appreciates good will offerings at their performances.

Donations and singer fees help them purchase new music. Everyone in **VOICES** is a volunteer who loves to bring music to all. So come to the Great Hall in the Clubhouse on Monday, May 21, to enjoy a musical treat. We gather at 9:30am for breakfast bites and fellowship. The program begins at 10:00 am. The meeting also offers the opportunity to become a member even if you are not yet fifty years old. As an associate member you will enjoy all the benefits of AARP membership. For further information please call Larry Eiben at 540 840 5648.



AARP COMMUNITY SERVICE AWARD

By Larry Eiben

Congratulations to Carolyn Durphy for being recognized during National Volunteer Week for her continued service to the community. The AARP Chapter & REA Unit Community Service Award (CSA) is specifically awarded to a chapter member who distinguish themselves through their volunteer efforts. Carolyn has been an integral part of AARP Chapter 5239 but has also served with multiple groups within the community. Some of her accomplishments are as follows:

- Locust Grove AARP Chapter 5239 Vice President, President and Board member from 2013 to current position as a Director.
- Carolyn has worked aggressively with the LOW Players in many capacities since 2011 and continues to serve this great organization.
- Both Carolyn and Dick have worked with LOW Fire & Rescue, including the Auxiliary since 2013 and Carolyn has worked hard to maintain a positive relationship between our two groups.
- Carolyn is also involved with the Orange County Historical Society and the Orange American Legion.

Many thanks to Carolyn for her numerous volunteer activities and on behalf of Locust Grove AARP Chapter 5239 I want to say Thank You.

MEDICAL NEWS

By Sandi Frame

A bit More on Shingles and the Newer Vaccine

Having a history of shingles (herpes zoster) is associated with an increased risk of heart attack and stroke, recent research suggests. Researchers reviewed data on 519,880 people including 23,213 who have had shingles for a period of ten years. Even after the study, authors accounted for other cardiovascular risk factors. The patients with a history of shingles were significantly more likely than those without the disease to experience heart attack, stroke or a composite measure of cardiovascular incidents. The risk was highest the first year after the onset of shingles according to the study found in

The Journal of the American College of Cardiology’s July 11, 2017 issue. The Message: Be particularly aware of heart attack and stroke symptoms in the year after a shingles attack, ask your doctor to assess your cardiovascular risk and guide you in how you can reduce the risk. And: if you are over 60, make sure you have been vaccinated against shingles.

The newest shingles vaccine, Shingrix, is not covered by Medicare A or B. You would have to have coverage under Part D or through a secondary insurance policy. I have been told that a physician has to prescribe the vaccine and it must be given in a physician’s office. You need to check with your physician regarding their recommendations. Not all pharmacies have the vaccine yet. I called the immunization clinic at Quantico and was told that they are ordering the vaccine but do not expect to have it available until after mid-May. This vaccine is given in a series of two injections, two to six months apart. To be effective you must have both.

Source: *Women’s Health Reporter*, Volume 19, Number 3, March 2018



DUES, DUES, DUES ARE DUE !!!!

Don’t forget your dues for 2018, now ONLY \$10.00!

See Dick Durphy at the Treasurers Table at any meeting or mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508

OC ANIMAL SHELTER



The 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.



Carolyn Durphy will be collecting the box tops for education coupons. All dates from 11-2017 are accepted. Leave in the container at the check-in table. Thanks to all who save.

SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Alice Clune , Joe Wascalus Bernie Arnold

Sympathy cards were sent to: Hudak Family (passing of Mary Hudak) and Kathleen Bradie (passing of brother)

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

May Birthdays



Patricia Batten, Owen Brady, Ed Bunting, James Buongiovanni, Diana Calegari, Philip Carmona, Sally Denton Larry Eiben, Reggie Gavett Alice Grgas, Ramona Lamon, Arthur Lieb, Clive Loudon, Jim Macintosh, Rani Manhard, Dean Munsell, Linda Ogletree, Pierre Payette, Patti Pfeifer Val Protiva, Edwin Roessler, Barbara Rueckert, Kathy Saladino David Schubert, Robert Spencer Linda Ticomb, Patricia Unkle Diane Welborn, Marianne Winters, Susan Wright



THE LIONS FOOD PANTRY

By Norma Ervin
Chairman Food Drive

Please remember there are people in our community who are concerned about the next meal they may or may not have. Please be generous with your giving at our meeting. The Wilderness Food Pantry appreciates our help but most of all the people [clients] that receive are very grateful. Canned fruit is in short supply and is enjoyed by all age groups. All types of boxed dinners are always needed. If you wish to donate money, cash will be collected or checks should be written to Wilderness Food Bank with AARP on the memo line.

TRIPS AND TOURS



By Pierre Payette

Opryland Country Christmas.

4 days - 3 nights. Sunday, December 2 – Wednesday December 5. Nashville, Tennessee. 2 nights stay at the **Gaylord Opryland Resort Hotel**, adorned in all it's Christmas splendor. Includes a Country Christmas Dinner Show featuring **Trace Adkins**, and a Broadway-style performance at the Grand Ole Opry House. Prices are \$699 per person (double occupancy), and \$1048 per person (single occupancy). Price includes a tour of Nashville, luggage handling, taxes and meal gratuities, motorcoach transportation, and gratuity for motorcoach driver. \$25 per person refundable deposits are being taken to reserve your spot. Please call Pierre Payette at 972-0519. Mail checks to 114 Parliament St, Locust Grove, VA 22508. Checks should be made out to: AARP #5239.

NOTICE ! This trip has turned out to be very popular and is almost SOLD - OUT. Requires a \$25 per person deposit to hold your reservation. Please call Pierre at 972-0519 before sending a check. Deposits are refundable if your plans change. When the trip is filled, I will take names for a standby list. No deposit required until, or if your name comes up.



Silent Auction:

**By Karen Kovarik
Chairman**

AARP: SILENT AUCTION RUNNING DOWN

The monthly silent auction ends this June, so now is the time to complete spring cleaning (spring finally has come). Your treasurers are badly needed to ensure the revenue we need to support needed local charities. Call me to arrange pick up or delivery, or just bring items to the meeting, but allow us time to mark up. (972-7866)



**2018 FIRE AND RESCUE
PHONEBOOK UPDATES**

We are in the process of getting the phonebook ready for distribution on July 4th. Please e-mail your information to dickd9@msn.com or call Carolyn or Dick Durphy at 972-3306.

If you would like to include an ad in the yellow pages, please contact Wyatt Gosnell at 972-2708

GENERAL MEETING
April 16, 2018
HIGHLIGHTS OF MEETING

By Lea Lebar

Special Guests

Larry Eiben opened the meeting by introducing two special guests from the AARP Fredericksburg Chapter: Marietta D'Ostilio and Sally Cooney Anderson.

Guest Speaker Tina Aris introduced the guest speaker, Kimberly Taylor Judy, who is the owner of Move With Purpose Defense Academy and Damsel in Defense located in Locust Grove, Virginia. Kimberly is a certified NRA firearms instructor and also skilled in training how to use other weapons in self-defense. She was a federal law enforcement officer with the CIA for over eighteen years teaching self-defense, handling security for celebrities and politicians and was a victim counselor.

Recognizing that the general public was not being offered the proper defense training needed for day-to-day security, she decided to offer her expertise to people from the early age of four on up.

Clients have their own individual needs for defense and Kimberly provides the training to fit these needs. Besides firearms training, she offers surrounding awareness training, vocal commands and how to use other objects for protection.

She can be reached for consultation at: 540-455-4693.

Directors & Committees Reports

Membership Ralph Scheuermann reported seven guests were present but no new members joined at this meeting.

Tours/Travel Skip Poole reminded everyone about the fundraising river cruise on the Rhine December 8-15, 2019. The Christmas Markets on the Rhine River Cruise begins in Basel, Switzerland and ends in Amsterdam, The Netherlands. For more information contact Skip at 540-972-7268.

Pierre Payette is offering a trip to Opryland in Nashville, Tennessee December 2-5, 2018. One of the attractions will be a performance by Trace Adkins. A \$25 per person refundable deposit is required. For details telephone Pierre at 540-972 0519.

Barbara Ehlen is providing a trip to the White House in Washington, DC in December. She would also like to include a visit to the United States Capitol or the United States Botanic Garden. Tickets are \$56 per person. If interested in touring these famous places and viewing the holiday decorations, contact Barbara at 540-972-4651.

Baseball Game John Trach reported that the bus trip to see the Nationals play the San Francisco Giants June 9 is a sellout. If you want to be on the waiting list, call John at 540-972-4883.

Other Topics Ginny Biggs, Community Resource Specialist with Aging Together, spoke about the 10th Annual Senior Prom, Saturday, April 28 from 2:00-5:00 p.m. at the Culpeper Christian School. The theme this year is "April in Paris." For details call 540-829-6405.

Larry Eiben recently visited the Paul Stefan Foundation located in Orange, Virginia to see how our chapter can assist them.

Rachel Carder, who is with the Fredericksburg Area Museum and Cultural Center, needs volunteers. If interested she can be contacted at 540-371-3037, Ext. 138.

Special Recognition Carolyn Durphy was honored for her outstanding service to the community through the AARP/NRTA Community Service Award. For her countless hours of volunteer service, Larry Eiben presented her with a commemorative certificate and pin which coincides with National Volunteer Week.

Silent Auction Karen Kovarik said that thirteen items were sold.

Stage Alive Karen Kovarik emphasized the outstanding concerts provided by these artists and encouraged everyone to join.

May Program Violet Liberti announced that the program for May will be a musical group called The Voices with Mandy Carr, founder and director.

Refreshments A thank you from Larry went to Marianne and David Kraus, Alice Grgas and Ann Wood for being responsible each month for the refreshments and beverages provided at our meetings.

**AARP CHAPTER 5239
FINANCIAL REPORT**

INCOME	JANUARY	FEBRUARY	MARCH	APRIL	TOTAL
50/50 Raffle	\$62.00	\$63.00	\$47.00	\$55.00	\$227.00
Auction	\$0.00	\$72.00	\$36.00	\$45.00	\$153.00
Chapter Dues	\$563.00	\$164.00	\$204.00	\$110.00	\$1,041.00
Coffee Fund	\$27.00	\$24.05	\$14.95	\$32.00	\$98.00
Name Badges	\$12.00	\$0.00	\$6.00	\$18.00	\$36.00
Miscellaneous	\$50.00	\$0.00	\$0.00	\$0.00	\$50.00
Tours & Trips	\$1,571.00	\$12,181.00	\$3,115.00	\$1,100.00	\$17,967.00
TOTAL INCOME	\$2,285.00	\$12,504.05	\$3,422.95	\$1,360.00	\$19,572.00
EXPENSES					
Administration	\$11.39	\$0.00	\$0.00	\$0.00	\$11.39
Meeting Expenses	\$0.00	\$0.00	\$0.00	\$62.34	\$62.34
Name Badges Expenses	\$15.80	\$0.00	\$0.00	\$31.59	\$47.39
News Letter/Web Site	\$0.00	\$0.00	\$164.05	\$75.41	\$239.46
Other-Misc Expenses	\$0.00	\$15.00	\$0.00	\$0.00	\$15.00
Tours & Trips Expense	\$1,150.00	\$12,695.00	\$275.00	\$2,640.00	\$16,760.00
TOTAL EXPENSES	\$1,177.19	\$12,710.00	\$439.05	\$2,809.34	\$17,135.58
BALANCE	\$1,107.81	-\$205.95	\$2,983.90	-\$1,449.25	\$2,436.42
AARP CHECKING					
Balance Beginning	\$2,870.45	\$3,978.26	\$3,772.31	\$6,756.21	
Income	\$2,285.00	\$12,504.05	\$3,422.95	\$1,360.00	
Expenses	-\$1,177.19	-\$12,710.00	-\$439.05	-\$2,809.34	
Balance End	\$3,978.26	\$3,772.31	\$6,756.21	\$5,306.87	
PETTY CASH	\$114.00	\$114.00	\$114.00	\$114.00	
AARP SAVINGS	\$1,097.08	\$1,097.16	\$1,097.25	\$1,097.34	
TOTAL FUNDS	\$5,189.34	\$4,983.47	\$7,967.46	\$6,518.21	

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

www.aarp5239.org

This Month's Meeting: May 21, 2018
Great Hall, Clubhouse, 9:30 am

Next Month's Meeting: June 18, 2018
Sweetbriar Park. Lions Pavilion



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryeiben@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	Norma Ervin	1313 Eastover Parkway	540-972-0652	normaervin@verizon.net
Director	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Vacant			
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	Su Biemeier	1310 Eastover Parkway	540-208-1914	driversafetyclass@gmail.com
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	Tony Quattromani	110 Wakefield Drive	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carolyn Durpny	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame Ralph	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Scheuermann	110 Larkspur Lane	540-972-7118	picaplus@comcast.net
Perspectives	Peggy Powell	103 Tall Pines Trail	703-622-5401	pegpowl@aol.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
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@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