

PERSPECTIVES

April 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org

PRESIDENT'S LETTER



By Larry Eiben

SPRING IS IN THE AIR.....

Believe it or not, as I was drafting this note, it was raining outside. In addition, the weatherman stated snow was in our forecast. Well, that is now past and although cold, the days have been bright and sunny which is a welcome sight. Hopefully, we can breathe easy because we have now entered the spring season. I like spring season the most because it is neither too cold nor too hot. In spring season, the nights are chilly but the days are sunny. During spring season nature is at its best. Flowers bloom and trees put out new leaves. I'm already starting to see some of our trees (Pear & Plum) starting to show their early flowers.

April will be here when this note is published and it will be time to

celebrate as spring gets into full swing. Speaking of swing, it is the time for John Trach, Dave Kraus and Nick Duy to continue the conversation about baseball and attending the first National's game, which is scheduled for June 9, 2018. If you haven't signed up yet there may still be time. Give one of these individuals a call. And don't forget the trip to Virginia International Tattoo, A Tribute to Veterans, Sunday, April 29, 2018. Give Barbara Ehlen a call (540-972-4651).

April also has a reputation for raining a lot – you have all heard the old saying; “**April showers bring May flowers**”. There is meaning behind the words, as well. “April showers bring May flowers” is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed – in this case, an abundance of flowers in May.

Of course, April is also known for the infamous “April Fool's Day”. Did you know that 89,000,000 people play an April fool's joke each year on an unsuspecting friend or neighbor? Also, 67% say there is no one too old to celebrate April Fool's

Day. Anyway, it will be over by the time this issue is published so hopefully, you escaped the wrath of these pranksters. I leave you with this quote **“April is a promise that May is bound to keep”**

APRIL MEETING

Program at AARP 5239

By Madeline Salustri

Self Defense, the Timely Topic

Locust Grove AARP Chapter 5239 presents a most timely program at its April 16 meeting. Security specialist Kimberly Taylor Judy will speak on *Self Defense*.

Ms Taylor Judy comes to her topic with varied and rich preparation plus experience. She has been counselor for delinquent and abuse victims, a federal law enforcement officer for the CIA and is a certified fire arms instructor. She is owner and instructor at ***Move with Purpose Firearms and Defense Training***. She also owns and is mentor of the ***Kimberly Taylor Independent Damsel in Defense***. Both businesses are located in Locust Grove.

Her security training and job experiences occurred over eighteen years and she has operated her two businesses for nearly two years.

Ms Kimberly Judy will speak about how crime is affecting the Senior Community, which in turn affects family and loved ones. She will discuss steps to take to prevent becoming a target of crime, and if necessary, how to use everyday objects for defense.

It is unnecessary to emphasize the importance of such information at this time. Come join us at 9:30 am in the

grand room of the Club house for breakfast bites and fellowship. The meeting begins at 10 am. You will also have the opportunity to become an associate member of our chapter even if you are not yet over fifty years old. The benefits and fellowship of Locust Grove are many and enjoyable. For further information please call Larry Eiben at 540 972 1847.



THE “CARLA WASCALUS” SERVICE AWARD

Both Jeanette Embrey and Ed Bunting have been recognized for the Carla Wascalus Service Award. Their volunteer service has had a profound and lasting impact on our community. Their willingness to share both their time and talent by volunteering with **Woods Cares** says a lot about each of them as human beings. Their willingness to give selflessly to help others speaks to both their strength and the quality of their character. When you volunteer, you are making a commitment to share that most precious of resources – your time- to make life better for those who are in need. The fact that they are willing to share their time to lend a helping hand and to show kindness and caring makes the greatest difference in the lives of the individuals who are touched by their support. Please know that their volunteerism is recognized, appreciated, valued and cherished by all our members. Thank you Jeanette Embrey and Ed Bunting for all your hard work!

MEDICAL NEWS

By Sandi Frame

Time for a Hearing Test?

Here is another reason to get a hearing aid if you need one. A new analysis of 40 studies from 12 countries has confirmed a link between hearing loss and a modestly increased risk of cognitive impairment and dementia plus a decline in all aspects of cognition. Why? For instance, the two conditions may share an underlying mechanism, such as a decline in the vascular system, or hearing loss may be a marker for general physical decline and frailty. Hearing loss may compromise cognitive processes because so much effort is needed to process auditory information. Hearing loss often increases social isolation, a risk factor for cognitive decline, possibly due to reduced stimulation. None of the studies demonstrated that hearing aids help protect cognition; however the researchers cited other studies indicating that hearing aids may have such benefits in older people who are still cognitively intact but did not help in those who already have dementia.

Sleep Apnea

There is more: Sleep apnea may increase the risk of developing Alzheimer’s Disease. A recent study involving community-dwelling people, ages 55 to 90, with normal cognition determined that slightly more than half had sleep apnea, usually mild, for which none were being treated. Researchers followed participants for two years and found that markers for amyloid plaque (a hallmark of Alzheimer’s) in their spinal fluid increased over time in proportion to the severity of their sleep apnea, as did the amyloid deposits in the brain, as seen on PET scans. Sleep Apnea repeatedly interrupts sleep and deprives the brain of oxygen, which may help explain a possible link to Alzheimer’s risk. Heavy snoring may indicate possible sleep

apnea as does the use of certain medications. This may be something to ask your physician about at your next visit. Sleep apnea is treated by wearing a CPAP device during sleep.

Source: University of California, Berkeley *Wellness Letter*, 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.

April Birthdays



Mary Berger, Bruce Boyd
Dick Delio Richard Gullickson
Paula Hornaday, Maynard Matthies
Joseph McEuen, Mary Jane Oldham
Noah Rakes, Charlotte Shackelford
Raymond Wareham
Ray Wegner, Dayle Young



THE LIONS FOOD PANTRY

**By Norma Ervin
Chairman Food Drive**

Spring is here and we should all be over this cold winter. Please remember there are still people in our community who do not feel the joy we have because of their concern about the next meal they may or may not have. Please be generous with your giving at our April 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.

SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Alice Clune and Dick Bradie

A sympathy card was sent to Marion Doherty

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



Silent Auction:

**By Karen Kovarik
Chairman**

**SILENT AUCTION:
GOING OUT WITH A WHIMPER?**

While the 50-50 raffle beat the Silent Auction in March, our combined efforts amounted to less than \$100. We are in failing health. As you do your spring cleaning, remember we are scheduled to end in June, so this may be your best opportunity to benefit the auction. The auction will probably continue on a quarterly basis, BUT UNSOLD GOODS WILL BE DONATED, NOT STORED FOR FUTURE MONTHS. (Candidly our backs grow weak.) Call me to arrange pick up or delivery. (972-7866)

TRIPS AND TOURS



By Pierre Payette

Opryland Country Christmas.

4 days - 3 nights. Sunday, December 2 –Wednesday December 5. Please keep this trip in mind when you are planning your travel. Nashville, Tennessee. 2 nights stay at the **Gaylord Opryland Resort Hotel**, adorned in all it's Christmas splendor. (Southern Living magazine recently named the Gaylord Opryland Hotel the #1 resort in the South). 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). The difference is due mainly because of the cost of the hotel room. Price includes a tour of Nashville, luggage handling, taxes and meal gratuities, motor coach transportation, and gratuity for motor coach driver. \$25 per person refundable deposits are being taken to reserve your spot. Please mail to Pierre Payette at 114 Parliament St, Locust Grove, VA 22508. Checks should be made out to: AARP #5239.

The Travel Committee is seeking someone who is willing to organize and plan all aspects of a trip, following up to ensure all plans are fulfilled. This means organizing and planning the trip, advertise and promote the trip, collect and disburse all funds (through the Treasurer), and

follow up to ensure that all aspects are covered. This includes leading and escorting the trip. Pierre is willing to help you get started.

**See the Nationals Play Ball!
Baseball Trip June 9, 2018**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, June 9, and the opponent is the San Francisco Giants. The game starts at 12:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 9:15.

The trip is open to the entire LOW community. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. Your reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment. Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Mail or give your checks to John Trach (104 Constitution Dr.), Nick Duy (606 Cornwallis Ave.), or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Nick (972-0350); Dave (krausman369@gmail.com; 571-334-4913). World Series or bust!

Tours and Travel Bus Trip

By Barbara Ehlen

Virginia International Tattoo

A Tribute to Veterans

Norfolk, VA

Sunday, April 29, 2018

This amazing special event exhibits the mighty sounds of military marching bands, bag pipes, and drill teams and performers from the U.S. and around the world. One of the top 20 events in Virginia. Come join us to honor our military.

Price: Prime Seats \$104.00

Mid Level Seats \$95.00

Upper Level Seats \$85.00

Full payment is due to confirm best seats

Deadline: March 30, 2018

Refund/Cancellation: within 14 days

Make checks payable to:

Ship to Shore Tours

Bus departs lower level parking lot of Lake of the Woods at 8:30AM Returns at 7:30 PM

Note: includes some walking and stairs

For more information:

Contact Barbara Ehlen

Ship to Shore Tours

(540) 972-4651 or

Email: wisecruiser@hotmail.com

AARP

DRIVER SAFETY

AARP SMART

DRIVER COURSE for Seniors

Friday, May 4

by Su Bielmeier, AARP Volunteer Instructor



Seniors, refresh your driving skills in Classroom 1 in the Sweetbriar Community Center from 9 AM – 5 PM. You must be present the entire class time. The **one-day** course has a working lunch so **please bring a brown bag lunch, and maybe snacks and a drink** since there will be no time to go out to lunch. There will be coffee in the morning. To register, call Su at 1-540-208-1914 (cell), or email Su at driversafetyclass@gmail.com. The cost is \$15 for national AARP members and \$20 for non-members. Please mail or deliver your check to Su Bielmeier, 1310 Eastover Pkwy, Locust Grove, VA 22508. Make checks payable to AARP. At class on Friday, May 4, please bring your Driver's License and your national AARP card (if applicable). You will learn: defensive driving strategies; new traffic laws; and ways to reduce your chances of having a crash. Upon completion, you should receive a three-year discount on your car liability insurance.



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 March 19, 2018 HIGHLIGHTS OF MEETING By Lea Lebar

Guest Speaker Violet Liberti introduced Randy James as guest speaker. He is the founder of the Paul Stefan Foundation, named after his son who died shortly after birth. This foundation assists young women and their unborn babies by providing them with a safe place to live, as well as physical, emotional and spiritual support. These women can live at the facility for a few years until they are able to live on their own. Educational classes are provided at the facility.

The mission is to teach these young women skills needed to lead productive lives for themselves and their babies which in turn gives them self-confidence and dignity.

The facility is located in the former President Madison Inn in Orange, Virginia

and is scheduled for the grand opening in June.

Since this is a non-profit organization, volunteers are always needed to assist in various capacities as well as donations.

Directors & Committees Reports

Woods Cares Ed Bunting needs volunteers.

Membership

Ralph Scheuermann reported seven guests were present and two new members joined at this meeting.

Tours/Travel Skip Poole has a fund raising river cruise on the Rhine available December 8-15, 2019. The Christmas Markets on the Rhine River Cruise will depart from Basel, Switzerland and end in Amsterdam, The Netherlands. If interested contact Skip at 540-972-7354.

Barbara Ehlen has a day trip scheduled April 29, 2018 called the Virginia International Tattoo in Norfolk, Virginia. This event is to honor veterans by providing military marching bands as well as other bands and performers from the U.S. and other countries. She is also looking into a fall trip to the Shenandoah Mountains and a trip to the White House in December. For details contact Barbara at 540-972-4651.

Pierre Payette has scheduled a trip to Opry Land December 2-5, 2018. Some of the attractions will be a Christmas dinner show with Trace Adkins, a Grand Ole Opry House Broadway-style performance, a fountain show as well as many other offerings. For more information contact Pierre at 540-972-0519.

Baseball Game John Trach reminded everyone of the scheduled baseball game at the Nationals Park in Washington, DC to watch the Nationals play the San Francisco Giants Saturday, June 9, 2018. If interested contact John at 540-972-4883, Dave Kraus at 571-334-4913 or Nick Duy at 540-972-0350.

Stage Alive Karen Kovarik, Subscription Chairman, informed us about a forthcoming performance of the Richmond Symphony. For information about what Stage Alive is offering for the 2018-2019 season, you can inquire online at: stagealive.org.

LOW Players Dave Schubert stated tickets are available for purchase to the April production of "Play On." In the fall, "Hello Dolly" will be presented.

Lioness Club Greg Stoner (on behalf of Gail Stoner, Vendor Chair), informed us of the Lioness Craft Show and Flea Market March 24 from 8:30 a.m.-2:00 p.m. at the Locust Grove Middle School. Forty vendors will be present.

TRIAD Tony Aris brought a Guardian Alert system to show and let us know that it is available. A donation after installation would be appreciated. DeeDee Perkins, TRIAD at the Sheriff's Office spoke about an event at the Layfayette Station in Rhoadesville, Virginia April 12. Pharmacist, Eugene Triplett of the Wilderness Center Pharmacy will be speaking on the topic "Educate Before You Medicate." She also stated that a

Senior Prom titled "April in Paris" will be held April 28 from 2:00 p.m.-5:00 p.m. at the Culpeper Christian School. You must be 50 years or older to attend. Call Aging together at 540-829-6405 for details.

Silent Auction Karen Kovarik said there was very little bidding on the items

Carla Wascalus Service Award Jeanette and Ed Bunting were presented with the award for their many years of service to the community.

Refreshments Alice Grgas and Ann Wood need volunteers to provide refreshments at the April meeting.

**AARP CHAPTER 5239
FINANCIAL REPORT**

INCOME	JANUARY	FEBRUARY	MARCH	TOTAL
50/50 Raffle	\$62.00	\$63.00	\$47.00	\$172.00
Auction	\$0.00	\$72.00	\$36.00	\$108.00
Chapter Dues	\$563.00	\$164.00	\$204.00	\$931.00
Coffee Fund	\$27.00	\$24.05	\$14.95	\$66.00
Name Badges	\$12.00	\$0.00	\$6.00	\$18.00
Miscellaneous	\$50.00	\$0.00	\$0.00	\$50.00
Tours & Trips	\$1,571.00	\$12,181.00	\$3,115.00	\$16,867.00
TOTAL INCOME	\$2,285.00	\$12,504.05	\$3,422.95	\$18,212.00
EXPENSES				
Administration	\$11.39	\$0.00	\$0.00	\$11.39
Name Badges Expenses	\$15.80	\$0.00	\$0.00	\$15.80
News Letter/Web Site	\$0.00	\$0.00	\$164.05	\$164.05
Other-Misc Expenses	\$0.00	\$15.00	\$0.00	\$15.00
Tours & Trips Expense	\$1,150.00	\$12,695.00	\$275.00	\$14,120.00
TOTAL EXPENSES	\$1,177.19	\$12,710.00	\$439.05	\$14,326.24
BALANCE	\$1,107.81	-\$205.95	\$2,983.90	\$3,885.76
AARP CHECKING				
Balance Beginning	\$2,870.45	\$3,978.26	\$3,772.31	
Income	\$2,285.00	\$12,504.05	\$3,422.95	
Expenses	-\$1,177.19	-\$12,710.00	-\$439.05	
Balance End	\$3,978.26	\$3,772.31	\$6,756.21	
PETTY CASH	\$114.00	\$114.00	\$114.00	
AARP SAVINGS	\$1,097.08	\$1,097.16	\$1,097.25	
TOTAL FUNDS	\$5,189.34	\$4,983.47	\$7,967.46	

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

www.aarp5239.org

This Month's Meeting: April 16, 2018
Great Hall, Clubhouse, 9:30 am

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



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	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
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	larryeiben@gmail.com
Driver Safety Class	Su Bielmeier	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 Durphy	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
	Ralph Scheuermann	110 Larkspur Lane	540-972-7118	picaplus@comcast.net
Membership	Peggy Powell	103 Tall Pines Trail	703-622-5401	pegpowl@aol.com
Perspectives	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Chair	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Program Committee	Madeline Salustri	202 Cornwallis Avenue	540-412-2950	madalsal@comcast.net
Public Relations	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Coffee	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
Refreshments: Goodies	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Silent Auction Chair	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Sunshine	Lew Sherman		540-972-5339	
Tax Aid Program	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
Tours/Travel	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
TRIAD	David Kraus	127 Indian Hills Road	571-334-4913	Krausman369@gmail.com
Volunteer Hours	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Web Master	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
Woods Cares	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com