



## PERSPECTIVES – SEPTEMBER 2023

### **Presidents Letter – Pierre Payette**

Hello, everyone. Hope you enjoyed the few days of cooler weather that we had prior to the hottest days of the Summer over Labor Day week.

Activities will be picking up for our AARP Chapter in the next couple of months. Nominations for the Officers positions have to be filled, with elections following and the installation of Officers in December. In October, we will be running the Vehicle Identification Etching, along with the State and County Law Enforcement Officers. I am pleased to say that we are receiving full support from LOWA, as far as promoting it.

At our November Board of Directors Meeting, we will be deciding the amount that we will donate to charities, this year, as well as the allotments to individual charities.

Our December meeting will be a pot-luck. We will install the new officers at that meeting, and we will also distribute our charitable donations for the year, at that time.

We have some interesting programs coming up at our September, October, and November meetings. If you didn't attend the August meeting, you missed a good one.

Please consider running for office this year. We need leaders so that the Chapter will continue to function. Also, we need someone to replace Sandie Frame and provide a medical info column to *Perspectives* every month.

I will be attending a luncheon in Richmond, in November, where White Star Tours will be presenting their trips for 2024. This is usually when I decide which trip(s) I wish to do. I will keep you informed as things progress. Nan Lamb has expressed interest in helping out with a Day Trip or two. I hope that this works out, as day trips have been popular in the past.

Next meeting, Monday, September 18, at 10AM (social starts at 9:30), in the Great Room at the Clubhouse. Next Board meeting is Monday, September 11 at 10 AM at Fareways.

### **Fiberlync More Than a Temporary Traffic Jam? – Karen Kovarik**

Our September speaker is Jenny Cord with the Orange County Broadband authority. Most of us have experienced temporary traffic adjustments while cable is laid in our neighborhood. It is time to explore the benefits and determine if we need to act.

Jenny will provide an overview of the Fiberlync process from engineering to home installation, the residential package and what is included, the sign-up process, a very brief overview of streaming TV, plus answer our questions, and I anticipate many.

AARP meets the third Monday of the month in the Great Hall of the Clubhouse at 9:30 for coffee, treats and socialization. The meeting starts at 10. Visitors are welcome, and no invitation is necessary.

### **VIN Etching – Barbara Ehlen & Judy Schrage**



VIN etching is one way that the Virginia State Police HEAT program helps to protect your ride. At this event, your unique Vehicle Identification Number (VIN) is chemically etched onto the windows of your vehicle. The process takes only a few minutes and is provided for FREE! VIN etching creates another barrier against auto theft. To learn more about VIN Etching and other helpful tips to prevent auto theft, visit [HEATreward.com](http://HEATreward.com). The date and time will be Saturday, October 7th – 10 AM to 2 PM in the clubhouse lower parking lot.

We are looking for many volunteers to help with this event for a 2-hour segment (10-12 or 12-2) to give drivers the form to fill out for the etching process.

We also need a pick-up/van/or trailer to pick-up and drop off the cones from maintenance.

## Sunshine Report – Carolyn Durphy

A sympathy card was sent to the family of Ken Race and a “Thinking of You” sent to Vi Liberti. If anyone would like to send her a note her address is Violet Liberti, Bright View Woodburn, 3450 Gallows Road-Apt 106, Annandale, VA 22003.



## September Birthdays – Pam Archer



Soothing Birthday Wishes to: Joanne Algera, Tina Aris, Charles Brewer, Hattie Brinsfield, Jean Bunting, Larry Donoho, Barbara Dunbar, Carolyn Durphy, Nicholas Duy, Nancy Lamb, Alice Munsell, Sylvia Murphy, Irene Payette, Joy Poole, Bill Ruark, Elaine Shirkey, Marcia Shorten, Carolyn Spero, and Ann Wood

## AARP Smart Driving Program – Joan Albertella

Here are two different ways you are able to take the above course which will get you a reduction on your auto insurance:

One is offered by the Spotsylvania Parks and Recreation Department. It is being held at Marshal Center, 8800 Courthouse Road, Spotsylvania, VA. The next two sessions are Thursday, October 19 and Thursday, November 16 from 9 AM to 5 PM. Classes are limited to 10 people only and the cost is \$20. Bring a sack lunch and a snack.

**You must bring your registration form in person to the office at 10910 Leavells Road, Fredericksburg, VA. The office is located at Loriella Park. Call first to check on space availability. 540-507-7529, ext. 7533**

**ONLINE:** You can also take the course on-line. Log onto <https://www.aarpdriversafety.org>. You can take it at your own leisure and not all at once. Don't have to be anywhere at a certain time and stay in your PJ's if you want! I believe the cost is between \$15 and \$20.



## Tours & Travel – Barbara Elhen & Pierre Payette

Spaces are available for the trip to **Bethlehem, PA** the first week of December. 3 days - 2 nights **December 6 - 8, 2023**. \$509 per person, double occupancy. Includes 2 nights lodging, 2 breakfasts, 2 dinners, Koziar's Christmas Village, Christkindlmarkt, and more.

Koziar's Christmas Village is one of the greatest Christmas displays in the USA.

Christkindlmarkt is a unique family holiday event modeled after the open-air markets in Germany during the holiday season. It features exquisite handmade works by the nation's finest artisans, and German and Austrian food. A \$25 per person deposit will reserve your seats. Call Pierre at 540-972-0519 or email at [pierre114@verizon.net](mailto:pierre114@verizon.net) Flyer is available at AARP5239.org under "downloads." Please tell your friends. Maybe you could go as a small group.



### **Tropical Costa Rica - March 10-18, 2024**

Tour Includes: Round Trip Air to San Jose, Costa Rica, Air Taxes and Fees, Hotels, Hotel Transfers, Guided Tours, 14 Meals: 8 Breakfasts, 1 Lunch, 5 Dinners, Transportation from LOW to Airport

**Highlights:** Visit a coffee plantation in San Jose, Cano Negro guided riverboat trip, home to the largest collection of indigenous wildlife, enjoy a farm-to-table lunch, a beautiful Lake Arenal Cruise, explore one of the largest Butterfly Gardens, venture out on a nature walk through this spectacular ecosystem in the Monteverde Cloud Forest to encounter many species of wildlife, flora and birds, experience a walking tour on a hanging bridge or a take an exhilarating zip line ride, visit Guanacaste and the beautiful sandy beaches overlooking the Pacific Ocean. Come join in on this adventure!

Price: \$2,899 per person double occupancy

For more information contact Barbara at [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com) or call (540) 972-4651. A flyer with full itinerary can be emailed to you or look on our website AARP5239.org & click on downloads.





## Lyme Disease Warning Signs – Sandie Frame

Deer tick bites can transmit bacteria that cause Lyme disease. Here are signs to watch for:

1. *Black legged ticks* – Ticks with black legs spread the bacteria. Remove ticks quickly to reduce your chances of illness. Use tweezers to grab the tick's body close to your skin. Pull it straight out without twisting. Note the tick's appearance or take a picture. Then dispose of carefully.
2. *A bump or bite mark* – Ticks often bite the back, groin, armpit, or lower legs. A bite might look like a mosquito bite and feel irritated so keeping an eye out for changes on a suspected tick bite is wise. However, a tick bite alone does not indicate Lyme disease.
3. *A bull's eye rash* – A rash starting at the bite site usually appears in 7 to 14 days. The ring does look like a bull's eye with rings. On white skin, a pale center might be surrounded with pink rings. On brown or black skin, a brown center might be surrounded with rings of darker brown or purple. Not everyone with Lyme disease gets this warning sign.
4. *Other early signs* – You might experience fever, headache, joint pain, muscle aches or pain (I probably should say not related to our aging aches and pains), and swollen lymph glands.

If you experience symptoms, seek medical care. Early on, Lyme disease is treatable with an antibiotic.

**Source:** Mayo Clinic Health Letter Volume 41 Number 8 August 2023





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