



PERSPECTIVES - NOVEMBER 2022

President's Message – Pierre Payette

Hi, everyone. At the last meeting, I asked you to indicate your interest in some planned travels that I suggested. The winner was the Lake George and Saratoga Springs trip with 14. Closely behind with 12, was a trip to Cape Cod. Tied for third place were Chattanooga Choo Choo and 3 Belles of the South (Savannah, Charleston and Golden Isles, GA), with 10 each. When I attend the White Star luncheon in Richmond, on Monday, Nov 7th, I will be looking into one of these trips if they are still offered.

Our Board meeting will be held on Monday, Nov 14th, at Fareways. We will be deciding how much we have available to donate to charity, and which charities to donate to. Feel free to attend.

The Treasurer's Audit is underway, and I will report on it when it is complete.

Don't forget to vote on Tuesday, Nov 8th, or earlier. This is a right that many in this world do not have. Take advantage of it.

Next General meeting is Monday, Nov 21st, at the Clubhouse. We will be electing a new Secretary. Thank you, Beth, for your great service.

Pierre

Yardsale – Kathy Saladino

Three truckloads went over to Sweetbriar Park on Saturday, October 8th; left over items at the end needed only one!! Many thanks to Judy Schrage and Karen Kovarik for co-chairing the yard sale for us!! We raised \$854.00 for our charities.

With signs posted for some charities we have supported in the past, many customers donated \$20 for a \$17.50 order. Only one customer haggled us to reduce the price which made it delightful to help out at a “priced to sell” yard sale. At noon, we cut the price of items in half to increase our profit and reduce the number of items left. Only a few people were there for that—most sales were at the marked price.

In addition to Judy and Karen, please say thank you to the “men with the trucks”: Garry Archer, Ed Kessler and Pierre Payette. Advertising sign maker was Beth Drabant. Committee workers were Barbara Ehlen, Carolyn Durphy, Rani Manhard and Kathy Saladino. And many thanks to all of you who made donations; couldn't have done it without you.

Be sure to check out the pictures on our website!

Speaker for November – Joan Albertella

Our speaker this month will be Dr. Brian Scott. He will be telling us about neuropathy and falls. Don't let a bad fall take away your independence. Learn how to strengthen the connection between your brain and your feet and uncover the cause of unexpected falls. Find out if you are wired for a fall and what you can do to reduce your risk.

Nominating Committee – Carolyn Durphy, Garry Archer & Joy Poole

Our committee met at Fareways on October 18th at 2:00pm and was successful in recruiting a Secretary and a Director to fill the vacant positions. We will vote on these at our November meeting and they will be installed at the December luncheon.

November Birthdays – Pam Archer

Many happy returns to our November birthdays: Mary Jane Atwater, Marilyn Buttimer, Stephen Cakouros, Patricia Cassese, Berry Dunbar, Mari Eder, Mary Gray, Roland Hamilton, Dolores Johansmeyer, Joan Litschert, Robert Oldach, Cynthia Pedersen, Peggy Powell, Joe Sauro, Kenneth Tillman, Ann Walker, Elizabeth Wiley, Mary Kay Wilks and Ellen Wilson



Sunshine Report – Vi Liberti



A get-well card sent to Pam Archer. Please remember to let Vi know if there is someone that would welcome a get well, thinking of you or sympathy card from their friends of our AARP chapter.

T Cells – Sandie Frame

Since the start of the COVID-19 pandemic, experts have been talking about the role of T cells related to vaccinations and fighting the infection. When an invader such as the COVID-19 virus gets in your body, it has one mission: to enter as many cells as possible to replicate itself. Luckily, your immune system is adaptable in its ability to fight back.

T cells – or T lymphocytes – are key players in defending your body against the viral invaders called pathogens. T cells are white blood cells that work alongside antibodies, which are proteins your body makes to recognize and fight pathogens. When your immune system detects a pathogen, it starts replicating T cells and makes antibodies to fight the pathogen.

T cells are created in bone marrow, then travel to the thymus to mature. The thymus gland is positioned in front of the heart. It's where T cells learn to coordinate the immune response.

T cells circulate in the blood and lymphatic searching for antigens. Pathogens have antigens on their surface – like the spike protein of COVID-19 virus – that T cells recognize. Antibodies and T cells are designed to grab onto and neutralize specific antigens to protect your cells.

If it's your body's first time seeing the virus, it takes time for it to make specialized antibodies and T cells. Vaccines give your body a head start on the process by giving the immune system information to start making specific antibodies and to T cells to fight that particular virus. That way if you are infected, the prepared T cells already know how to identify the pathogen to rapidly destroy it.

After an infection is cleared, most T cells retreat, but some of the targeted T cells stay around in case reactivation is needed. That is reassuring news for the body's long-term ability to fight any virus. If you are eligible and have not gotten your COVID booster, now is the time.

If you have not gotten this year's flu vaccine, now is the time. You can get both at the same time. I was able to get an appointment at CVS across the street and was in and out in 20 minutes including the required wait time after the injection.





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