

PERSPECTIVES

February 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

Our Actions Define Us



Well here we go again, another rough start for our chapter in January. You may remember that last year we had a Christmas Party at the Community Center with no heat. Also, had to move the BOD meeting in January to my house because Fairways had no heat. If only the Association would pay their heating bills.

This year, we had to cancel the BOD's meeting because of snow and have rescheduled for February 4th, 10:00 AM, at Fairways. At this meeting, we will set the agenda for the new year. Some challenges being considered for 2019 are: Day of Service, Community Day Parade, Food Bank Drive, Chicken BBQ, Fundraising Options, Car-Fit

Checkup, Vin Etching, Movies, Stamps for the Wounded, etc. Certainly, an aggressive agenda, but I strongly feel with the talent and devotion within our chapter we can accomplish many of these opportunities. I want to thank you for support in 2018 and look forward to continuing to work with you in 2019.

Our Chapter raised the bar in 2018 by winning the AARP Virginia Chapter Community Service Award. I strongly believe we can repeat in 2019 with your continued involvement. Let me leave you with this:

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.”

FEBRUARY MEETING
Program at AARP 5239
By Violet Liberti

Adult Protective Services



Barry Barr, our speaker, was previously the Adult Protective Services Supervisor in Fairfax County for 27 years.

His job was to locate and identify people who may have been abused, neglected or at high risk, at home or in nursing facilities, and refer them to Social Services, who applied the appropriate assistance to them.

Since he retired here 3 ½ years ago, he has been a volunteer in Orange County, training workers for nursing homes; and consulting with assisted living staffs.

He also volunteers with the Orange Free Clinic for people with low income or no insurance, and he reports to Chrystal Hale of Orange County Social Services. He also is a Rotarian and sings in several community choirs.

Don't miss this informative meeting in the Upper Level of the Clubhouse on Feb. 18. The meeting and talk begin at 10:00am, but you may enjoy coffee and snacks and social gathering between 9:30 and 10:00. Guests are always welcome.



THE LIONS FOOD PANTRY
By Norma Ervin
Chairman Food Drive

Please remember that we should be generous in our food collection at our February meeting. Many seasonal workers are missing paychecks due to the cold weather. Canned green beans and corn are available from the Food Bank in town so the pantry is well stocked with those two vegetables. Hot and cold cereals, canned fruit, vegetables such as peas, carrots and mixed vegetables and pork and beans are welcome by the clients. Boxed dinners and canned meats are always needed. Our local Wilderness Food Pantry serves many families who need assistance with meals. If you wish to donate money, cash will be collected or checks should be written to AARP Chapter 5239 with Wilderness Food Pantry on the memo line. This is a change from how we have asked for checks in the past for the Food Pantry. Thank you for all your support for our community members who need assistance.

Our Chapter Cares!!!
By Dave Kraus

Each year our chapter asks its members to keep track of all the volunteer hours they have worked and report them to our volunteer hours coordinator. The final tally for 2018 is 6383 hours, almost matching last year's 6441 hours.

Using the standard for a work year of 2000 hours, 6383 hours equates to 3.2 work years – more than three people

working full-time for a year with 2 weeks of vacation. What's more, we have good reason to believe that the figure would be much higher if everyone in our chapter had reported all of their hours. Regardless, if the Free Lance Star heard that LOWA had three-plus people who worked full-time this year doing volunteer work, it likely would be a news story.

So collectively what you have contributed in dedication, time, inconvenience, and personal expense is a big deal and an effort that has helped make LOW and its surrounding community a great place in which to live. So thank yourselves. At our February meeting, give each other a pat on the back! Also record then any 2018 hours that you did not report by year's end.

MEDICAL NEWS

By Sandi Frame

Winter Exercises: Keeping strong over a long winter is important. Here are a few exercises to keep your core strength up while strengthening various muscle groups.

Sit to Stand: Improves balance, ankle mobility, while strengthens quadriceps, core (torso), hip and calf muscles.

- Sit on a pillow in a chair that has arm rests. Move one foot slightly forward. Stand up with your hands lightly touching the arm rests for balance. Slowly sit back down. Repeat at least five times. When able, try not to use the arm rests to propel yourself upward.

Single Leg Balance: Improves balance and posture, while strengthening gluteal and core muscles.

- Stand in a doorway, using the sides of the doorway for support. Slowly lift one foot and balance while stand on

the other foot. Do five on one leg and five on the other. Try to balance without touching the doorway.

Step up, Step Down: Improves balance, agility and ankle mobility and strengthens hip and ankle muscles.

- Sit facing a bottom step of a staircase. No staircase? Use a low box or stack of books. While sitting put right foot up on lowest step, bring your left foot up quickly beside right foot with both feet on the step or riser at the same time. Put one foot back down at a time so both feet are down together. Repeat 5 times alternating left and right foot first.

Grapevine: Improves balance, agility, and mobility while strengthening core, hip and lower leg muscles.

- Start in a standing position using your kitchen countertop for balance. Cross your right foot behind your left foot. Return to standing position. Cross your right foot in front of your left. Repeat five times then switch to your left foot and repeat five times

Source: Whish program from the Women's Health Initiative, January, 2019



by Joan Albertella

Get -Well cards were sent to Jerry Schrage, Madeline Salustri

Thinking of you Card was sent to Marilyn McKay

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

FEBRUARY BIRTHDAYS



Rita Bowles, Kathleen Bradie
Neil Buttimer, Elaine Cook
Barbara Ehlen, Ed Kessler
Norma Lanier, Frank Liberti
Mike Musatow, Doug Pope
Barbara Rakes, Eva Rico
Micky Talbott, Richard Ticomb



2019 AARP CHAPTER 5239 DUES

January brings in a fresh new year which means it's time to pay our annual dues of **\$10**. You can pay your dues at the Monthly Chapter Meeting on February 18, Clubhouse, by visiting the desk of our Treasurer, Mr. Dick Durphy. Another option would be to mail in your check for \$10 to the following address:
**AARP CHAPTER 5239
P. O. BOX 945
LOCUST GROVE, VA 22508**

A flyer for the "Sweetheart Ball" event. It features a central illustration of a couple dancing in a red dress and tuxedo, framed by a red heart border. The text provides details about the event, including the date, time, location, and RSVP information. Logos for Dogwood Village and Legacy Hospice are at the bottom.

Sweetheart Ball

Join us for our annual event with music by The Kool Kat Kwintet
Tuesday, February 12th
6:00-8:00 PM
RSVP by 2/5/19 to 540-672-1830
Come in festive attire to dance, relax with wine & Hors d'oeuvres
Enjoy the evening at Dogwood Senior Living
Co-Hosted by Legacy Hospice

DOGWOOD VILLAGE of Orange County **Legacy HOSPICE**



FREE TAX PREPARATION SERVICE

AARP Foundation is offering free tax preparation services at the Community Center every Friday and Saturday from 9am to 1pm. Call **540-268-8837** to make an appointment.

AARP Legislation Update

By Ed Bunting

Two top congressional committees - House Oversight and Senate Finance, have scheduled hearings Tuesday, Feb. 5, on the high cost of prescription drugs. Oversight Chair, Elijah Cummings (D-Md.) and Finance Chair, Chuck Grassley (R-Iowa) have both vowed to make health care costs a priority this year. The two hearing panels will include parents of patients with Type I diabetes who will speak about the massive price hikes for insulin. "What we're trying to do is get some sound action and truly reduce drug prices." Cummings said.

Also, a Massachusetts judge has indicated she will rule early the week of Feb. 3rd on a request by several media organizations, to make public certain redacted portions of a lawsuit brought by the Massachusetts attorney general's office against Purdue Pharma, maker of OxyContin and other opioid painkillers. And the drug industry's leading trade group, PhRMA, is considering a proposal that would commit member companies to limiting increases in prices of drugs purchased by Medicare. This proposal aims to persuade the administration to drop its Part B plan which includes tying Medicare drug prices to those in other countries. PhRMA's idea is to limit drug prices from exceeding inflation, and their proposal could possibly include Part D drugs.

TOURS AND TRAVEL



Casino Magic Connecticut

By Pierre Payette

3 days - 2 nights

Tues - Thurs May 21 - 23

\$339 per person dbl occupancy

2 nights lodging at Great Cedar Hotel in Foxwoods Casino Complex. Foxwoods Casino is the largest casino in the world and includes 6 casinos with over 7000 slots and almost 400 table games. Bonus package at Foxwoods includes \$35 meal voucher and \$20 slot play. Also visit Mohegan Sun Casino and receive a bonus package of a meal voucher and cash bonus.

Includes motorcoach transportation, 2 nights lodging, meal vouchers, free slot play and all taxes and gratuities.

Flyer for this trip can be found at <http://www.aarp5239.org> under downloads.

Call Pierre Payette at 540-972-0519, or 540-226-2871. email at: pierre114@verizon.net \$25 deposit at sign-up.

Final payment due by March 30.



2019 PHILADELPHIA FLOWER SHOW
MARCH 5-6, 2019

By Barbara Ehlen

ROUNDRIP MOTORCOACH
 TRANSPORTATION * * ONE NIGHT
 ACCOMMODATION AT THE HILTON
 GARDEN INN * * FULL AMERICAN
 BREAKFAST * * ADMISSION TO THE
 PHILADELPHIA FLOWER SHOW
 ADMISSION TO LONGWOOD
 GARDENS, KENNETT SQUARE , PA
 GRATUITIES FOR DRIVER

PRICE PER PERSON: \$337.00 DBL
 \$307.00 TPL \$294.00 QUAD
 \$437.00 SGL

DEPOSIT: \$50.00 secures your trip
 Make checks payable to
 Ship to Shore Tours

Cancellation Policy: Within 30 days
 price of tickets Within 14 days 50%
 Within 7 days non-refundable

For Additional Information Call:
 Barbara Ehlen Ship to Shore Tours
 100 Woodlawn Trail Locust Grove,
 VA 22508 (540) 972 4651



AARP Chapter 5239 Nats Bus Trip
May 16, 2019

Happy New Year to you Nationals fans
 and AARP Chapter 5239 bus trip
 participants!

Our first trip for 2019 is planned. The
 date is Thursday, May 16, and the
 opponent is the dreaded New York
 Mets. The game starts at 1:05 PM, and
 participants need to be on the bus in the
 Clubhouse lower level parking lot by
 10:00.

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

Let's try this again: World Series or bust!

**Highlights of Jan. 21, 2019
General Meeting**

By Lea LeBar

Tina Aris introduced our first guest speaker for 2019, Officer Ryan Brown of the Orange County Sheriff's Department. Officer Brown became a K-9 handler three years ago when a dog breeder in Pennsylvania offered the Orange County Sheriff's Department a free bloodhound puppy. Officer Brown chose a 8-week-old female from the litter and named her Blue. He and Blue began training together to find missing persons when Blue was 12 weeks old.

When trailing, Blue is put into a harness and a 20-foot lead is attached to the harness which Officer Brown controls. Then she is given an article to smell that the missing person touched or used when last seen. She is then walked around the location picking up the scent and then expanding the search area.

Weather is another factor in trailing. Moisture will hold a scent longer than dry heat will.

Bloodhound characteristics are their powerful noses, loose jowls and big floppy ears. When following a scent, a bloodhound keeps his nose on the ground allowing the ears to drag the ground as well. Aside from the keen hearing, the ears stir up ground particles and transfer these particles towards the nose and surrounding loose skin which allows the scent to linger.

Bloodhounds and their trainers take refresher courses two times a month with other county K-9 units.

Blue is trained to trail old scents as well as fresh ones and gets very excited when

she locates a missing person. To date, she has been on about 8 actual searches.

The Orange County K-9 Unit will acquire two more dogs in March. It will take about 12 weeks of training before they are ready for trailing. The older trained dogs are used as mentors for the new arrivals. These dogs will work for the Sheriff's Department for 6-9 years before retiring.

As for Blue, her retirement plans are already in place. She will spend her retirement years with the Brown family eating, sleeping, relaxing and putting on a few extra well-earned pounds!

Volunteer Recognition

At the Christmas Party, Volunteer Recognition Certificates and Pins were presented to outgoing Directors and Committee Members who attended. Ed Rowan and Norma Ervin, outgoing Directors, were unable to attend and were presented their Certificates and Pins by Larry Eiben at this meeting.

Membership

Pam Archer reported that 1 guest attended the meeting and 3 became members.

Silent Auction

Karen Kovarik asked the group if the silent auction was worth pursuing by showing raised hands. Several people raised their hands, but the majority did not. The Silent Auction has been terminated.

Medical

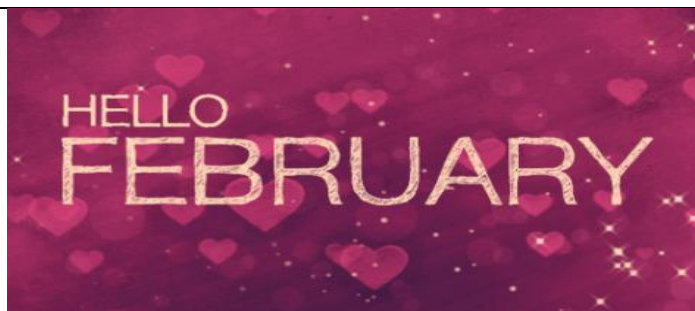
Tony Aris has the Guardian 911 available. He will install it at no charge. A donation of \$100 would be appreciated. He also is selling emergency locks and has a free bracelet program. Anyone interested in any of these beneficial programs call Tony at: 540-972-2016.

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

www.aarp5239.org

This Month's Meeting: February 18, 2019
Great Hall, Clubhouse 9:30

Next Month's Meeting: March 18, 2019
Great Hall, Clubhouse 9:30



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	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerrynjudy@gmail.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
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	Elaine Cook		703-309-4810	Elaine@olderandbolder.net
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	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com
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
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Photographer	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.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
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