



## ***PERSPECTIVES*** – January 2025

**WWW.AARP5239.org**

### **President's Letter** – Garry Archer

As I sit and type this letter it is hard for me to believe that we are in a new year, one replete with new hope and new challenges.

I attended and spoke at the LOWA Board meeting on January 11th. I am hoping to secure the upper clubhouse where we have met in the past but the Lake is having financial challenges and seeks to get monies from wherever. One plan is to charge organizations such as ours for use of the upper clubhouse. We do not have financial resources to pay for the room but would be able to use the lower section without charge. My sense of the situation is that while the lower level of the clubhouse would be adequate, the area we have met for the past 27 years would be better for our members.

At this time the LOWA Board is still deferring the decision until they have a recommendation from the Clubhouse Committee. I will try to appeal to them (clubhouse committee) to consider not charging us for use of this facility.

I know that there are many who are looking forward to the February meeting when we can all catch up and trade stories of the recent snows. A reminder that if you do go out to shovel - take your time and if you can, solicit a young person to give you a hand. If you are able, consider assisting some of your neighbors who may have significant challenges clearing their path to the road.

**Reminder! There will be NO January Chapter general meeting.**

### **Charity Donations for 2024 – Kathy Saladino**

2024 charity donations were made to:

LOW Fire and Rescue  
LOW Wilderness Food Pantry  
Paul Stephan Foundation  
TRIAD of Orange County Sheriff's Office  
Living Waters Clinic  
S.A.F.E for Orange County  
LOW Adaptive Water Sports



The board is eager to consider fund raising ideas, as donating to local charities is part of what we are all about. Trips have provided some of the money raised for the above donations, but none are planned right now for this year.

The board investigated bake sales for LOW events. Current health regulations want the nutritional information as part of the packaging. We could do this if we bought a certain brand of a box mix of brownies for example and made them according to package directions and then included the nutritional statement with each package we sold. Do we want to do that??



### **January Birthdays – Pam Archer**

Cheery January Birthday wishes to Joan Albertella, Jim Drabant, Sandy Harrington, Lana Marr, Toby Musatow, Raymond Poole, and Bill Wemmerus.

## Sunglasses Savvy – Joan Albertella



Use these tips when looking for sunglasses:

- Go big – glasses with large, wraparound frames help protect the skin around the eyes, including eyelids from sun exposure.
- Check label – wearing lenses that block at least 98% of UV rays lowers your risk of eye damage and can protect against cataracts. Store-bought sunglasses should carry an American National Standards Institute (ANSI) label listing how much UV light they block. Ideal options provide 100% protection. Look for broad-spectrum coverage.
- Darker lenses are not always better. The determining factor is UV protection.
- Don't fear change. If you wear prescription glasses, check out photochromic lenses, known as Transition or light-responsive lenses which typically block 100% of UV rays.
- Go polarized – these lenses provide extra comfort for your eyes and block glare from such things as sand, water, snow or the hood of your car plus protection from UV rays.

Source: Mayo Clinic Bulletin

## Dues Time – Kathy Saladino

It is that time again when we collect dues for the year. The dues are \$10.00 per person. You may pay by check or cash and that can be done at the monthly meeting or mailed to AARP Chapter 5239, P.O. Box 945, Locust Grove, VA 22508.

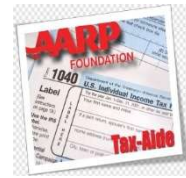


## Sunshine – Carolyn Durphy



A get-well card was sent to Chris Rapin recovering from surgery. Please remember me if there is someone that needs cheering up, home from the hospital or a sympathy card.

## **AARP Tax-Aide – Pam Archer**



The LOW AARP Tax-Aide site will be preparing tax returns using the Same Day Drop-Off model and is taking appointments for 9:30-1:30 pm, Fridays and Saturdays from Feb 7 – Apr 12. We will once again be located at the LOW Community Center.

What we help you with –

We do returns with social security, W-2s, 1099s, self-employment, itemized deductions, Education and child or dependent care, Earned Income Credit capital gains/losses from stock sales and many other things.

We cannot help if you have – cryptocurrency (sell), business losses, pay employees, home office deductions, rental property (rented for more than 14 days), or if you donated non-cash items worth over \$5000.

Before making an appointment, gather all your tax documents. Review your 2023 tax return to make sure you are not missing any. Pick up a tax packet from the Wilderness Library lobby and call our scheduler at 540-318- 0345 once you receive ALL your tax forms. Leave your name, phone number, and a brief message and one of our volunteers will call you back within 24 hours. Please answer calls from unknown numbers during this time.

## **Tours & Travel – Pierre Payette**



Due to unforeseen circumstances, the trip to Sight and Sound, that was being planned for the first week of May, is no longer being planned. I am looking into possibly doing the trip in late summer or early fall if there is availability. I will let you know as things progress. Happy New Year to all of you.

## **Singing With LOWLINC – Kathy Saladino**

I attended the 1st zoom meeting for this and now they are planning a meet-in-person gathering. It is sponsored by National AARP!!! You don't have to be in LOWLINC to do it. Hope we can get some interest from our group as it will be local if we can get enough people interested.

**Sing with LOWLINC and Encore Creative!  
Meet & Greet - Open Rehearsal  
January 15, 2025 | 1:00 - 2:30pm | LOW Church**

Join LOWLINC and Encore Creativity for an afternoon of singing! Learn more about our partnership with Encore Creativity, a nonprofit that supports choral arts for adults 55+. We'll enjoy light refreshments, learn about Encore Creative's programs, and join in an Open Rehearsal. No auditions required! During the Open Rehearsal, we'll sample songs from two programs:

- **Encore Chorales:** traditional choirs singing choral classics in four-part harmony
- **Encore ROCKS:** groups singing rock 'n' roll hits from the 50s, 60s, and beyond

Help choose which program we'll bring to our community. This event and the singing group are open to the community.

Register by calling 855-569-5462.

