

PERSPECTIVES

APRIL 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

Proudly Serving for 21 Years



Our Chapter has been proudly serving our community for 21 Years. It's great not only talking about community service in theory but actually doing it. Earlier in the year I mentioned your volunteering strengthens our community. We make connections with the people you are helping, and we cultivate friendships with other chapter members. We are planning an aggressive 2019 so please, join us to help provide continued support to our community. Outlined below are some of the programs we will be implementing in 2019 and we will only be successful with your continued support:

- **Car Fit Checkup** - Does your car fit you? Learn why the proper fit in your vehicle is essential for both your safety and the safety of others on the road. We will need volunteers to attend a class and learn how to fit a car. We will also need volunteers on the

day of the event. Date for event not yet finalized.

- **VIN Etching** - VIN etching is a countermeasure to motor vehicle theft, that involves etching a vehicle's VIN onto its windows to reduce the value of a stolen vehicle to thieves. Vehicles with VIN-etched windows may be eligible for insurance rate reductions of as much as 15% in some US States. **The event will be held Saturday, July 13, from 10 AM to 2:00 PM.** Of course, it goes without saying, volunteers will be needed to work with the State Police.
- **Fundraisers.** One of our fundraising efforts will be working with participating restaurants willing to donate a % of their profits for one day. Of course, this will only be successful if our members eat at the restaurant on the day arranged by our committee. The decision was made to hold one Restaurant Fundraiser quarterly. Think about it, you get to eat out and support local charities.
- **Election Day Chicken BBQ** - The **2019 Virginia elections** will take place on November 5, 2019. As you know, this is our major fundraiser and requires lots of support. Thanks to all who continue to volunteer, and I welcome others who can help with cooking or serving. More information will be provided as we get closer to the event.
- **Day of Service** – This year we will be working closely with Aging Together to support some of their functions. We will need volunteers for

Movie Night (April 18), Orange County Community Conversation (April 24th), and Senior Prom Spring Fiesta Fun (April 27th). When I solicit your support for these events, please help. These will be considered our Day of Service Programs!

I want to thank you in advance for your continued support and look forward to working with you on the aforementioned programs. Let me leave you with this:

“One of the deep secrets of life is that all that is really worth the doing is what we do for others.”



**April MEETING
Program at AARP 5239
By Violet Liberti**

Come control that “Stress Beyond 50” at the AARP 5239 meeting.

We welcome Dr. Joan Varnikos, a pioneering medical research scientist in Space Medicine, inactivity, physiology, stress and healthy aging. She is our featured speaker at the April 15th meeting.

Dr. Vernikos was recruited by NASA in 1964 to study stress on

astronauts during space launch and ways to keep them healthy during weightlessness and their return to earth. She was Director of Life Sciences at NASA’s Center for 36 years in California, the last 8 at NASA’s Headquarters until 2000.

She won a **Lifetime Award of Women in Aerospace**, and was inducted into its Hall of Fame last year.

During the past 19 years, she retired, and has written 6 books on the effects of stress on health. Her latest , **“Stress Beyond 50”** helps you to make stress work for you instead of against you. It identifies coping techniques and gives you tools for instant relief. This fascinating talk is a “don’t miss” event at the Clubhouse on April 15th.

Join us at 9:30 and enjoy breakfast treats, then enjoy the meeting at 10:00am. For further information call Larry Eiben, 972-1847.

**LOW 2019 TELEPHONE BOOK
By Carolyn Durphy**

A reminder that Dick & Carolyn Durphy are getting the 2019 book ready for sale at the July 4th celebration on the Clubhouse Point. Please send us any of your changes or deletions. Also, if you have any new neighbors, have them e-mail us their information.

Please e-mail all information to dickd9@msn.com at your earliest convenience.



THE LIONS FOOD PANTRY

By Peggy Powell

Food security is defined by the Food and Agriculture Organization (FAO) as: when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

So many of our neighbors do not have food security for themselves and their families. Please remember to bring donations for the Food Pantry to the next meeting to support our local Wilderness Food Pantry. 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. 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.

Thank you for all your support for our community members who need assistance.

MEDICAL NEWS

By Sandle Frame

More Water, Fewer Bladder Infections

To help prevent bladder infections (cystitis), women should drink more water. Gentlemen, this is probably good for you too. The *Journal of Internal Medicine* cited a recent study in which a group of women who experienced very frequent

bladder infections and low fluid intake were divided into two groups. Group A were given 3 bottles of water a day, one to be consumed before each meal along with their normal low fluid intake. Group B were to continue their usual fluid consumption (less than 1 ½ liters per day). After 12 months, group (A) experienced 111 episodes of bladder infection. The control group (B) experienced 216 bladder infections or 1.7 in group A versus 3.2 in group B. - about a 50% reduction.

Increasing fluids may help reduce infections by diluting and flushing bacteria from the bladder. Any water source including tap water is appropriate and tap water saves on plastics which go into landfills or waterways all too often. This study did not examine how increased fluids would impact women who already have a large intake of water each day, are in the postmenopausal status, or have fewer infections overall. It might be helpful to include these for more and better data.

As usual, the recommendation for so many conditions is to drink plenty of fluids.

Source: University of California, Berkeley, Wellness Letter, March 2019



by Joan Albertella

Get -Well cards were sent to Alan Clune, Elizabeth Wiley and John Trach

Sympathy Card was sent to Joyce Bowers- Boyd passed away

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

APRIL BIRTHDAYS

By Pam Archer, Membership



Mary Berger, Dick Delio
Kathryn Gallenbeck
Richard Gullickson
Maynard Matthies
Joseph McEuen, Noah Rakes
Sarah Rawls, Brian Smith
Carl Tungli-Giese
Margit Tungli-Giese
Raymond Wareham
David Witmer, Dayle Young

2019 AARP CHAPTER 5239 DUES

If you haven't paid your annual dues of \$10, you can pay your dues at the Monthly Chapter Meeting 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



FREE TAX PREPARATION SERVICE

By Peggy Powell

AARP Foundation continues to offer free tax preparation services at the Community Center every Friday and Saturday from 9am to 1pm. **Last day for this service is Saturday, April 13th.** Call **540-268-8837** to make an appointment. The signs directing the public to the Community Center were created by Pam Archer. An example of Community service.

AARP Legislation Update

By Ed Bunting

Leading the list of national AARP legislative priorities for 2019 is continuing emphasis on Medicare, which many millions of Americans count on for their health security. This includes strengthening the program for beneficiaries by expanding coverage for needed services while keeping a watchful eye on excessive costs.

The administrator of the Centers for Medicare and Medicaid Services (CMS), Ms. Seema Verma, has an important role in deciding how 130 million Americans get health care. In a recent interview with AARP, she was asked about Medicare's future. "What we want to do is make sure that the program is sustainable over the long

term. That doesn't mean that we're trying to ration health care. We want to modernize it and make sure patients have access to the latest technology and innovation."

Meanwhile, President Trump's recent budget proposal included \$800 billion in cuts to Medicare over the next ten years. And several Democratic lawmakers and presidential candidates are backing Medicare for all (M4A), while at the same time we're being cautioned to "brace ourselves for the 2020 Medicare wars."

It would appear that AARP and Ms. Verma have their work cut out for them. Hopefully, their labors will result in benefits for all Americans.



VIN Etching Program

By Judy Schrage

As part of its ongoing effort to Help Eliminate Auto Theft (HEAT), the Virginia State Police offer **free etchings** throughout the year. To put this in perspective, check out the following information provided by the FBI:

- There were an estimated 777,139 thefts of motor vehicles nationwide
- More than \$6 billion was lost nationwide due to auto theft
- The average dollar loss per stolen vehicle was \$7,708

VIN etching is important because adding VIN etching to your auto glass creates another barrier against potential auto theft. VIN etching complicates things for thieves. If a thief swaps out the VIN on a car that's been etched, the thief must also swap out all the etched glass. This costs time and money.

The VIN etching process uses a chemical to permanently mark glass, takes only about 10 minutes to complete and doesn't affect the appearance of the vehicle. This complimentary service applies to the exterior glass of cars and trucks.

Our chapter will be holding a VIN Etching program on Saturday, July 13, from 10:00 AM to 2:00 PM. Get your car protected!



STAMPS FOR THE WOUNDED BY GREG STONER

Many wounded veterans find great enjoyment in stamp collecting. Thanks to many devoted volunteers, this postage stamp program gives these hospital or wheelchair-bound vets something to do, and something to look forward to. Trading

duplicates also connects them with other collectors.

Our chapter will be implementing a program to collect these recycled stamps. We will provide a container at each monthly meeting for you to deposit your stamp contributions. Recycle the stamps from your own mail to "brighten someone's day!" Leave about a 1/4" to 1/2" border of envelope around the perforations of the stamp. Do not remove the stamp from the envelope it is glued to. The veterans prefer to do that themselves. It's part of their fun. All stamps, U.S. and worldwide, old or new – in any quantity can be contributed.

However, no American Flag stamps please!

This is such a simple and easy way to give back to the servicemen and women who have given so much. A little effort on our part will be greatly appreciated by our Wounded Veterans. Please tell your family and friends about this program.



TOURS AND TRAVEL

By Pierre Payette

The Casino Magic trip scheduled for May 21-23 has been cancelled due to lack of interest. The trip to **Myrtle Beach and Charleston** that was scheduled for April was also cancelled for the same reason.

I tried something new with the casino trip, but there wasn't much interest. However, the trip to Myrtle Beach and Charleston, was suggested to me by many, who said "why don't we go to Myrtle Beach again. We haven't been there for a while." Also, some had indicated that they would like to go to Charleston in the Springtime, so I added Charleston.

I am at my wits end about planning trips. I know that I will get many suggestions, but then those who suggest, don't sign up. I get many suggestions for the Ark Experience, but many don't realize that there are 7 stories, each the size of a football field. Most of us are not capable of that much walking.

I am considering a couple of day trips later on. One would be in the Fall, where we would go to Michie Tavern for lunch, then up Carter's Mtn for apples, then a stop at Yoder's on the way home. The other would be to the Baltimore Cristkindelmarket for the day. This would be in early December on a weekday.



**AARP Chapter 5239 Nats Bus Trip
May 16, 2019**

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!

**AARP CHAPTER 5239
GENERAL MEETING
MARCH 18, 2019
HIGHLIGHTS OF MEETING**

By Lea LeBar

Guest Speaker Tina Aris introduced our guest speaker, Michele Beamer, Wilderness Branch Librarian. Michele has worked at this branch since June, 1999.

She began her talk by telling the group that today's libraries offer something for all ages. Orange County is fortunate enough to have three libraries that participants can utilize, with the main library in Orange, Virginia. There is a Wilderness Branch and a Gordonsville Branch.

The main library has extensive information on the early history of Orange, old copies of the Orange County Review newspaper and welcomes authors to come and speak about their books as well as many other programs and services.

Some of the offerings provided at the Wilderness Branch are:
 Reading Rooms for all ages
 Audio/Visual Area
 Special collection of Civil War pieces
 E-Branch, 5 Computers with wifi
 Meeting Space
 Summer Reading Programs for children and teens
 Fine and Practical Arts
 Speaker Programs
 Maker Programs
 Essential Oils Workshop
 Adult Reading Program

Website, Facebook, Newsletter
Calendar of Events
Catalog Search, Wowbrary

Courier Service between the three libraries is available. Depending on the season, holiday displays are placed throughout the library to create a festive atmosphere.

To take advantage of all these offerings, all you need to do is come to one of the libraries with proper identification to get a library card to begin expanding your world.

Certificate of Recognition Tina Aris was given the Certificate of Recognition for her 10 years of community service

Membership Pam Archer told the group that we had 3 guests and 1 new member at the meeting.

Friends of Wilderness Battlefield Ruth Pavlik with Friends of Wilderness Battlefield would like AARP's support by attending a musical production of Gracie & Lacy at the Chancellor High School, April 28 at 2 p.m. Tickets are \$25 each or \$20 each if you purchase 10 or more. If interested call 800-838-3006.

Refreshments Larry thanked everyone who brought refreshments and to Alice Grgas for overseeing the refreshment table. Also, a thank you to Dave Kraus for providing beverages.

TRIAD Tony Aris is offering the Guardian Alert 911 system to use in

emergencies. A donation of \$100 is appreciated but he will work with anyone who cannot afford to pay \$100. He will come to your home and install it for you.



**AARP SMART DRIVER COURSE
for Seniors
Tuesday, 16 April 2019
by Elaine Cook, 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 Elaine at **703 309 4810** (cell), or email at Elaine@olderandbolder.net. The cost is \$15 for national AARP members and \$20 for non-members. Please bring your check to the class on April 16 and make checks payable to AARP. 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 can receive a three-year discount on your car liability insurance if your provider participates.

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

www.aarp5239.org

This Month's Meeting: April 15, 2019
Great Hall, Clubhouse 9:30

Next Month's Meeting: May 20, 2019
Great Hall, Clubhouse 9:30



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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	jerryjudy@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 Durpny	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Pam Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Perspectives	Peggy Powell	103 Tall Pines Avenue	703-622-5401	pegpowl@aol.com
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