

*PRESIDENT’S LETTER*

**By Larry Eiben**

**HOW TIME FLIES!**

**Jingle Bells,**

**Jingle Bells, Jingle all the way.** Seems like I was just singing that song not long ago and yet here we go again – another Holiday Season. Don’t know about you but Father Time seems to be moving at warp speed. Anyway, the Holiday Season is a perfect time to reflect on our Blessings and seek out ways to make life better for those around us. I am proud of the work you have done for our community this past year. Your efforts have allowed our chapter to contribute $10,000 to local charities. Charities who specialize in helping our neighbors in need.

We will have time for celebration on December 17, Community Center, at our annual Holiday Luncheon. This will be a very special event since we will be closing out our 20th Anniversary serving this great community. I look forward to seeing you there and enjoying the opportunity to share the successes of the past year and prepare for the new year. If you have any questions about our Holiday luncheon, just give me a call (540) 840-5648.

I would like to take this opportunity to wish you all a very Merry Christmas. I hope the holiday season brings you peace, relaxation and joyful times with friends and family. May God Bless and protect you always!

**HAPPY HOLIDAYS!**

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DECEMBER MEETING

Program at AARP 5239

**By Madeline Salustri, AARP publicity chair**

On Monday, December 17, LOCUST GROVE AARP CHAPTER 5239 celebrates the holiday season with a potluck luncheon. We will gather at the Community Center by 11 am. Please arrive with your dish by that time so that we may set up the food. If your last name begins with A-G, please bring a side dish.

If your last name begins with H-Q, please bring a main dish. And if your last name begins with R-Z, please bring a dessert.

We are thrilled to have the choral group *Voices*entertain us with seasonal selections. ***Voices*** will arrive about 12:45, after the luncheon and the awards.  Be there for the fun and eats!

**Final Call for 2018 Volunteer Hours!!!**

**By Dave Kraus**

Each year Chapter 5239 tracks the volunteer hours our members contribute to our community as one measure of our organization’s commitment to it. You may report hours worked on behalf of any organization, not just our chapter, as well as self-initiated hours such as those you devote to helping a neighbor or friend who’s not member of your family. Last year our members logged over 6,400 hours, more than the equivalent of three people working full-time all year to help others. Please communicate your as yet unreported 2018 hours to our Volunteer Hours Coordinator, Dave Kraus, via email ([krausman369@gmail.com](mailto:krausman369@gmail.com)) or phone (571-334-4913).

**MEDICAL NEWS**

**By Sandi Frame**

**Periodontal Disease and Cancer Risk**

While this study was specific to women, it should follow that the same risk for cancer would be there for men.

Gingivitis is the earliest form of periodontal disease or gum disease. If gingivitis is not treated, it can progress to periodontitis, in which plaque has developed below the gum line. The bacteria I plaque can cause an inflammatory response and lead to tooth loss. Statistics that over 70% of Americans over age 65 have periodontal disease. Research has shown that this disease is associated with an increased risk of cancer, but few studies were performed on older women. Dr. Nigozi Nwizu decided to evaluate periodontal disease and the risk of cancer in older women. He and his team examined nearly 66,000 women from the Women’s Health Initiative (WHI) Observational Study. They found that women with periodontal disease did have a higher risk for cancer with specific types more than others. These included breast, lung, esophagus, gallbladder cancer and melanoma skin cancer. The results were similar when the analysis only included never-smokers, indicating that smoking status does not influence the association.

For those of you who have not heard of the Women’s Health Initiative this is their story. About 30 years ago it became apparent that there were few studies of any kind that pertained to women. This group was formed to begin that study. Initially the study focused on hormone therapy. That study terminated after about six months when statics showed that hormones that might help menopause

or at least make those with severe symptoms more comfortable caused more problems than it helped with some unwarranted problems severe enough

that all study was stopped. During that time other observational studies were being discussed and started. Among

these were forms of diets such as use of fats and various vitamins. None were specific to weight loss. If that happened it was a bonus. Other studies related to diabetes and more specifically Type II. As time passed many other studies evolved including the one cited above.

I have been a participant almost from its beginning. Now they follow my general health with yearly questionnaires, sometimes phone calls and a new program called Whish that advises on exercise for the older females. When you join, you are asked to commit for the rest of your life or the end of the study as long as you are able. It has been a fascinating time to be part of that group as more and more studies are providing statistics to help women in general and sometimes much can be applied to the men. Study results are often published in peer reviewed medical journals as was the one cited on periodontal disease.

Source: *Women’s Health Initiative* 2018 – 2019 excerpted from: *Caner and Epidemiology Biomarkers and Prevention,* August 2017.

Next edition I will write about maintaining oral health. That article was just too long to put in this one.



Carolyn Durphy will be collecting the box tops for education coupons.  All dates from 11-2017 are accepted.  Leave in the container at the check-in table.  Thanks to all who save.



by Joan Albertella

Get -Well cards were sent to Dick Durphy, Madeline Salustri and

John Mucciacciaro, husband of Aggie M.

Thinking of You cards were sent to

Bonnie Rowan and Marion Jacobeen

Sympathy Cards were sent to

Alice Grgas - - loss of brother-in-law

Joe Wascalus – his sister passed away

Betty Scheuerman – Ralph passed away

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

DECEMBER BIRTHDAYS



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|  |
| Garry Archer, Judith Ayers  Dick Berra, Norman Bielmeier  Donna Crawley  Melinda Crocker, Pat Daughetee  Marion Doherty  Timothy Edwards  Robert Haring, Jackie Hill  Judeth Johnson, Karen Kovarik  Mark Leach, James Protiva  Ed Rowan, Gail Sauro  Joseph Wascalu, Elaine Witcher |
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**TOURS AND TRAVEL**

**Myrtle Beach Show Trip and Charleston, SC.**

By Pierre Payette

 5 days-4 nights

Mon-Fri April 8 - 12.

 $599 per person dbl occupancy.

4 days  3 nights in Myrtle Beach, and 1 night and 1 day in Charleston. See 2 evening shows, 1 daytime show, visit Barefoot Landing for shopping, and visit a Living History Farm. In Charleston, relax on a harbor cruise.

Includes Motorcoach transportation, 4 nights lodging, 3 shows, 4 Breakfasts and 4 Dinners, admission fees to specified activities.

Call Pierre Payette at 540-972-0519, or 540-226-2871. email at: pierre114@verizon.net





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**2019 PHILADELPHIA FLOWER SHOW**

**MARCH 5-6, 2019**

By Barbara Ehlen

ROUNDTRIP 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

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Legislative Article

Provided by Larry Eiben

**AARP Releases Findings of Bipartisan Post-Election Survey — Health Care, Medicare and Social Security were Top Issues for 50-Plus Voters in Key Battleground States**

AARP has released the findings of a nationwide poll of general election voters, along with oversamples in both 39 GOP-held seats that flipped to a Democrat and 37 GOP-held seats targeted as competitive by the Cook Political Report that held for the GOP. The bipartisan poll, fielded jointly by Fabrizio Ward and Benenson Strategy Group, found that, for 50-plus voters, Social Security, Medicare, and health care were the top issues driving them to the ballot box. The 2,800-voter survey also indicated 50-plus voters across the board are concerned about gridlock in Washington and prefer candidates who will work in a bipartisan manner.

“Older Americans were crystal clear that health care was the most important issue in this election,” said John Hishta, AARP Senior Vice President of Campaigns. “They want Congress to come together to find commonsense solutions to lowering health care costs and they can start by preventing drug companies from price gouging older Americans and all taxpayers.”

“Fifty plus voters chose Donald Trump by a wide margin two years ago. This year they were instrumental in Democrats retaking the House. They have become a formidable swing voting block for 2020,” said Tony Fabrizio, Fabrizio Ward.

“This election made it clear that candidates and parties can't build a winning-coalition without older Americans – or take their vote for granted.” said Amy Levin, Partner Benenson Strategy Group.

Other poll findings include:

• For 50-plus voters, concerns about Social Security (83 percent), Medicare (79 percent) and health care (79 percent) influenced their votes;

• In GOP-held districts that Democrats flipped, 63 percent of 50- plus voters want elected officials to work in a bipartisan manner. For districts the GOP held, 65 percent of voters felt the same way;

• Women over 50 were also instrumental in the Democratic gains – they favored a Democrat for House by 12 percent in the districts Democrats flipped;

• In districts the GOP held, 55 percent of 50-plus voters approve of President Trump’s policies and 38 percent approve of him personally;

• In districts Democrats flipped, 52 percent of 50-plus voters approve of the president’s policies but only 32 percent approve of him personally.

Benenson Strategy Group, in conjunction with Fabrizio Ward, conducted a nationwide telephone survey of 2,800 2018 General Election voters from November 7-10, 2018. The margin of error (MOE) for the national component of the survey is +/- 3.46 percent; the MOE for the 39 GOP-to-Democrat seat component is +/- 3.06 percent; and the MOE for the GOP-held seat component is +/-3.14 percent.

**AARP 5239**

**P.O. Box 945**

**Locust Grove, VA 22508**

***www.aarp5239.org***

**This Month’s Meeting: December 17, 2018**

**Christmas luncheon- Community Center**

**Next Month’s Meeting: January 21, 2019**

**Great Hall, Clubhouse 9:30**



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***The Power to Make it Better***

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