

PERSPECTIVES

January 2020

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Carolyn Durphy



As Carol Anne said in the movie *Poltergeist* – *They're baaack!* Well, *I'm baaack* to lead AARP Chapter 5239 for another term. I look forward to doing our usual activities, with your help, and hopefully adding some new ones.

I welcome you all back and trust your Christmas and New Years days were good ones with friends and family. Such a busy time from September to the end of the year and then it slows down starting in January. Remember how you felt as a child when there were no days off from school for such a long time?

I will be asking for assistance from you all during the year. There will be some existing positions to be filled and help with our many projects that require leaders and co-workers. For example, there is a need for people to set up and take down chairs at the monthly meetings. This would require you to come a little earlier, about – 9AM.

Linda Merrell has agreed to be our Food Pantry Liaison. A new Sunshine Lady is needed as Joan Albertella is now co-chair of the Programs Committee with Bill Ruark. We also need a Legislative Chairperson as Ed Bunting is stepping down from that position.

I know this will be a great year for all and look forward to seeing you on Monday, January 20th at the Clubhouse. Please note that it has been changed from the Community Center

Wanna Get Rid of Stuff? Locust Grove AARP Chapter 5239 Can Help!

by Madeline Salustri, Publicity Chair



Is your “**stuff**” taking over your home? Is it stressing you out? Are you having a difficult time giving away your “**valuable stuff**” because no one wants it? Michael D’Ostilio, AARP State Volunteer, can help! Mike, who presented programs to Locust Grove AARP Chapter 5239 last year, will present a new program on **Decluttering** on Monday, January 20th.

Mike retired from the U.S. Army in 1995 and from the Federal Government in 2015 where he served as the Chief of Investigations, Assistance, and Hot Line Branch for the Army Inspector General Agency. He was also the Senior

Instructor at the Army Inspector General School where he developed curriculum and monitored instruction.

Mike began working with AARP as a legislative volunteer in 2016 and has participated both at the state and federal level talking with legislative officials on healthcare and caregiving initiatives affecting seniors. He is also a member of the AARP Virginia Speakers Bureau and has presented topics on Brain Health and Home Fit. In 2017, Mike was presented with the AARP Virginia Rookie of the Year Award.

Decluttering and Downsizing is a new topic available through AARP. Having too much stuff can impede people from relocating or getting health care into their homes. Cleaning out your house while you can, is a gift and inheritance you can leave your children. So, come and learn from Mike how to get started! Join us in the Clubhouse Grand Hall for breakfast treats at 9:30. The meeting begins at 10 am.

JANUARY BIRTHDAYS

By Pam Archer, Membership

Joan Albertella, Elizabeth Arndt
Raymond Arndt, Billy Bearden
Richard Bergmann, Katherine Causby
Lee Defibaugh, Pam Defibaugh
Jane Gullickson, Karen Kovarik
Angelo Laviano, Toby Musatow
Raymond Poole, Marlene Wareham
Bill Wemmerus



by Joan Albertella

Get Well Cards sent to
Irene Payette, Sandy Frame,
Jim Davis and Henrick Thode

Sympathy card sent to
Madeline Salustri

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

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 2019 is 5775 hours, down from last year's 6383 hours.

We have good reason to believe that the figure would be much higher if everyone in our chapter had reported all of their hours. 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. And this is one of the big reasons why Virginia AARP gave us again in 2019 a Chapter Service Award. So thank yourselves. At our January meeting, give each other a pat on the back! Also record then any 2019 hours that you did not report by year's end.

TOURS AND TRAVEL



**PA Amish Lands
By Pierre Payette**

Featuring Sight and Sounds presentation of "Queen Esther". **May 4 - 6, 2020, (3 days - 2 nights)**. This is a brand new stage presentation, set in the opulent yet perilous Persian Empire. Queen Esther is a captivating tale of beauty and bravery.

Includes 2 nights lodging, 2 breakfasts, 2 dinners (one at an Amish Homestead, and another at Shady Maple Smorgasborg). Participate in a Chalk Talk presentation by artist Elva Hurst. Guided tour of the Amish countryside including stops at Kitchen Kettle Village, Bird In Hand Farmers Market, an Amish farm featuring quilts and Amish crafts, and a bake shop.

Cost is \$425 per person, dble occupancy, (\$525 single), and includes motor coach transportation, luggage handling, taxes and gratuities for meals and motor coach driver, everything except your lunches and personal purchases.

\$25 per person refundable deposit required at sign-up.

SAVE THE DATE: May 4 - 6, 2020. Bus will depart from Lake of the Woods, and Gordon Road commuter lot.

Don't miss out! Please call Pierre at (540)-972-0519 (leave msg) or email pierre114@verizon.net

Flyers are available, and posted on the AARP 5029 website under "downloads".



**Lake of the Woods
Volunteer Fire & Rescue Company
By John P Farrell Jr.,
Volunteer Firefighter**

As we reflect upon the past year, and ring in the New Year, your local volunteers, in conjunction with the National Fire Academy and the Consumer Production Safety Commission, want to help make it a safer year for you and your loved ones.

Did you know?

- **More than 150 people in the U.S. die every year from accidental non-fire related carbon monoxide poisoning.**

Source: National Fire Academy

Carbon monoxide, or CO as it is commonly known, is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

What can you do to protect your family from the dangers of CO?

- Install and maintain CO alarms inside your home to provide early warning of CO.
- Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

Know the symptoms of CO poisoning. Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning may appear like the flu (but without the fever). They may include:

- Headache, Fatigue or Nausea
- Shortness of breath or Dizziness

While, higher levels CO poisoning may result in progressively more severe symptoms, including:

Mental confusion or loss of consciousness

- Loss of muscular coordination
- Death

Source: Consumer Product Safety Commission

For more information and resources visit:

<https://www.usfa.fema.gov>

Finally, as part of good community risk reduction, each household should have an emergency plan that is practiced by all residents in the home. This practice should include drills at least twice a year. Your local volunteers are looking for community partners, such as yourselves, to help us keep our community informed about the dangers of carbon monoxide and portable generators with these messages and free materials. Can you help?

AARP Legislation Update By Ed Bunting

The Senate recently passed the Secure Act which may foretell how Americans save for retirement. Secure - "Setting Every Community Up for Retirement Enhancement" - is designed to help more people set aside more money for retirement. The act removes some of the hurdles that keep people from saving. One of its provisions makes it easier for small businesses to band together to offer retirement plans to their employees. The act also provides for long-term part-timers to gain access to workplace retirement plans. Already passed by the House, it now heads to President Trump, who is expected to sign it into law.

Former New York Mayor, Mike Bloomberg, revealed a health policy proposal on December 19th that would create a government-run health insurance plan but would not provide universal guaranteed coverage. His plan is similar to

those of moderate candidates Vice President Joseph R. Biden, Jr. and Mayor Pete Buttigieg, which give Americans the option of buying public insurance but stop short of moving the entire country to a Medicare-for-all system, advocated by progressives like Senators Bernie Sanders and Elizabeth Warren.

President Trump has promised he would let the federal government force drug makers to negotiate lower drug prices covered by Medicare. The House of Representatives recently moved forward on such a policy without his help. In a strong show of unity, House Democrats passed their own legislation allowing the government to directly negotiate lower drug prices under Medicare's prescription drug program - something the law prohibits. Every House Democrat voted in favor of the bill (230 - 192) after Speaker Nancy Pelosi revised it at their insistence. We'll await the response of the Senate and President Trump.

TAX AIDE

**By Lew Sherman
District Coordinator**

AARP's Tax-Aide division, a part of AARP Foundation, is once again getting ready to provide free tax preparation to those of us in the Locust Grove area. Last year, the LOW site prepared just over 400 returns, a new record. While we can't prepare tax returns for everyone (e.g., no businesses w/employees, farmers, military, etc.), we will try to accommodate everyone else. The LOW site will again work from the lower level of the Clubhouse (not the Community Center) on Fridays and Saturdays from 9:00 am til 2:00 pm, starting on Friday, January 31 and ending on Saturday, April 11, 2020.

To make an appointment, call 540-268-8837 and leave a message when prompted. Please speak clearly and slowly so that your call can be returned. **Because we want to complete your return during your initial visit, we ask that you not call for an appointment until all your tax records have been received or located.**

We look forward to serving you once again for the 2020 tax season!

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

www.aarp5239.org

This Month's Meeting: January 20, 2020

Clubhouse 9:30 AM

Next Month's Meeting: February 17, 2020

Clubhouse 9:30 AM



The Power to Make it Better

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