

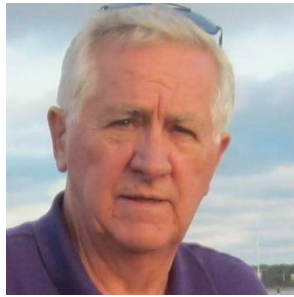
# PERSPECTIVES

January 2018

**AARP Locust Grove Chapter 5239**

web-site [www.aarp5239.org](http://www.aarp5239.org)

## **PRESIDENT'S LETTER**



Each January brings resolutions and the promise of a new year. We look ahead to the challenges and excitement of another year while looking back on the accomplishments and events of the past year. As I begin my term as AARP Chapter 5239 president, I want to express my appreciation for the work of our Past President, Carolyn Durphy. During her tenure as President, Carolyn moved our organization forward. I also want to thank the past officers, directors, committee leaders and the silent majority who did so much work behind the scenes. You can all take pride in the fact you put our chapter in a position to evolve and be more responsive to our members and the local community.

I am dedicated to Locust Grove AARP Chapter 5239's outstanding reputation for integrity and excellence. Our organization is primarily a volunteer organization and we can only continue to succeed with the support of each of our members. I challenge you to get more involved in leading this organization to the next level. The greater the input the greater the opportunity for continued success!

*"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."*

I look forward to working with all of you in 2018 and wish you and your family a healthy and prosperous new year.

## **JANUARY MEETING**

### **A Timely Topic: Inflammation Program at AARP 5239**

by Madeline Salustri, Publicity Chair

On Monday, January 15, 2018, Locust Grove chapter of AARP 5239 presents its first program of the New Year. Dr. Anne Truong, a physiatrist, who specializes in pain treatment without using opioids or surgeries, will speak about alternative treatments of common ailments. She will discuss treatments for arthritis, knee and hip pain using your own healing power of your blood. Dr. Truong is president of the Truong Rehabilitation Center located at 10340 Spotsylvania Avenue in Fredericksburg. She has been a physician practicing pain management and rehabilitation for twenty years.

The Women's Entrepreneurship Organization has appointed Dr. Truong ambassador representing the state of Virginia beginning in January. WEDO's mission is to empower women to own their own businesses. This is another opportunity to learn more about health care opportunities for AARP members and their neighbors. So come join us at 9:30 on Monday morning for breakfast snacks and fellowship before this informative presentation. This is also an opportunity to join Locust Grove AARP. Even if you are not yet fifty years old you may become an associate member and enjoy the benefits of

AARP membership. For further information call Larry Eiben at 972-1837.

### **NEW OFFICERS SWORN IN FOR 2018**

The following officers were sworn in at the December meeting by Ms. Pat Jones, the state vice president of AARP to serve for the 2018 year. Larry Eiben as President, Peggy Powell as Vice President, Lea LeBar as Secretary, and Dick Durphy as Treasurer. The directors sworn in for next year were Joyce Bowers, Joan Albertella, Ed Rowan, Skip Poole, and Dick Bradie. Carolyn Durphy, last years President was sworn in as the Past President Director.

### **JANUARY BIRTHDAYS**

Joan Albertella, Ray Arndt, Billy Bearden, Richard Bergmann, Maryanne Bolgert, Jane Guillickson, Carol Hein, Karen Kovarik, Jim Moore, Skip Poole, Alice Quattromani, Alex Salustri, France Spencer, Marlene Wareham, Bill Wemmerus

### **MEDICAL NEWS**

**By Sandi Frame**

#### **Strong Triceps Are Needed for Arm Mobility**

Whether you are swinging a tennis racquet, picking up a grandchild or grabbing a cup of coffee, You are using your triceps, the muscles that run along the back of the humerus, the bone in your upper arm.

The triceps are a primary mover in elbow extension and are involved in tasks such as pushing yourself up out of a chair, using a vacuum cleaner, pushing open doors and placing an object on an overhead shelf. One section of the triceps also helps stabilize the shoulder joint.

The undersides of women's upper arms tend to droop and become flabby as they get older, making triceps essential for improved appearance as well as strength. The look of

your upper arms is also affected by changes in your skin, which loses some of its elasticity over time.

While triceps are involved in pushing and reaching motions, they are usually just one of the several muscles involved in these movements. Many other muscles in your upper torso also work with the triceps, so it is important to include strengthening exercises for those muscles in your fitness program as well.

A couple of exercises to strengthen the triceps are pushups and the overhead press.

**Pushups:** Get on your hands and knees (if you can), place your hands on the floor in front of you, shoulder width apart, and straighten but do not lock your arms. Extend your legs and support yourself on your toes. Slowly bend your arms until your chest is a few inches from the floor, keeping your body in a straight line from head to toes as you do so (don't let your stomach sag or your back arch). Slowly straighten your arms and press your body back up to the starting position, but do not lock your elbows. Repeat 10 times (or fewer depending on your initial strength); gradually work your way up to two or three sets of 10 as you get stronger. **Note: If this is too challenging do the pushups from a standing position, pushing against a counter or wall.**

**Overhead Press:** Hold a dumbbell with your right hand (try one or two pounds initially) and bend your arm so the dumbbell is at shoulder height. Straighten your arm but do not lock your elbow as you press the dumbbell toward the ceiling; pause, and then bend your elbow and bring the dumbbell back to shoulder height. Repeat ten times with your right arm and then switch to your left arm and repeat ten times. Do two sets on each side, and increase the dumbbell weight gradually as you get stronger.

Do strengthening exercises for your triceps or any other muscles no more frequently than every other day; your muscles need time to recover between exercise sessions.

Before starting any new exercise program, it is advisable to discuss it with your physician to ensure that the type of exercise you are planning is safe and appropriate for you. If any movement causes discomfort or pain, stop and seek advice.

Source: **Women's Health Reporter**, Volume 18, Number 12, December 2017

## SUNSHINE REPORT

by Joan Albertella



A get well cards was sent to **Frank Liberti**.

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.

## TRIPS AND TOURS



### PIERRE IS PLANNING 2 TRIPS FOR 2018.

**Trip 1: The Amish country trip from Monday, April 9 - Wednesday, April 11.** (3 days, 2 nights), **IS FULL !** Since the trip is still 2 months away, Pierre expects that there might be a few cancellations. Therefore, Pierre is accepting names for a standby list. If you are interested in your name being on the list, please call Pierre at 972-0519. As usual, there is absolutely no commitment on your part by having your name on the list. If an opening becomes available, Pierre will call

those on the standby list in the order that they are on the list, and if you are no longer interested, all you have to do is say no.

**Final payments for the Amish Trip are payable prior to February 10<sup>th</sup>.**

**Trip 2: Opryland Country Christmas.** Put the dates on your 2018 calendar. **Sunday, December 2 –Wednesday December 5.** Please keep this trip in mind when you are planning your next year's travel. Nashville, Tennessee. 4 days – 3 nights, with a 2 nights stay at the Gaylord Opryland Resort Hotel. Includes a Country Christmas Show, and either a Broadway-style performance at the Grand Ole Opry House, or Grand Ole Opry at the Ryman Auditorium. Several people have already shown interest, and have asked Pierre to put them on the list. This trip is expected to sell out. More details will be available soon. Price will be in the neighborhood of \$700 per person (double occupancy), and \$1050 per person (single occupancy). The difference is due mainly because of the cost of the hotel room.

## OC ANIMAL SHELTER



The OC Animal Shelter needs the following items: towels, blankets, canned cat and dog food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes.

## DUES, DUES, DUES ARE DUE !!!!

Don't forget your dues for 2018, still **ONLY \$7.00!**

See Dick Durphy at the Treasurers Table at any meeting or mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508



### THE LIONS FOOD PANTRY

Food Pantry continues to need our assistance. The number of families needing support remains very high. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to the Wilderness Food Pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

### OUR CHAPTER CARES!!!

#### David Kraus - Volunteer Hours

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 2017 is 6441 hrs.

Using the standard for a work year of 2000 hours, that 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 Locust Grove AARP 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 January meeting, give each other a pat on the back! Also record then any 2017 hours that you did not report by year's end.



### 2018 FIRE AND RESCUE PHONEBOOK UPDATES

We are in the process of getting the phonebook ready for distribution on July 4th. Please e-mail your information to [dickd9@msn.com](mailto:dickd9@msn.com) or call Carolyn or Dick Durphy at 972-3306.

If you would like to include an ad in the yellow pages, please contact Wyatt Gosnell at 972-2708

### Silent Auction: To be or not to be?

#### Karen Kovarik, Chairman

The question is will the Silent Auction continue as a fund raiser? Your support, or lack of interest will determine its fate. Would you rather, for instance, that I sell kisses? Candy? Popcorn?

To arrange contributions to the auction, please phone me for pick up or delivery (972-7866).



**The full treasurer's report will be found on the web site.  
2017 Year End Treasurer's Report**

**Accounts for December 2017**

|                               |              |                                       |               |
|-------------------------------|--------------|---------------------------------------|---------------|
| Checkbook Balance 11/30/2017  | \$11,429.06  | Ckbk Bal 12/31/2016                   | \$1,719.27    |
| Total Income                  | \$115.00     | 2017 incoming                         | \$13,871.25   |
| Total Expenses                | (\$9,907.35) | 2017 outgoing                         | (\$14,452.81) |
| Total Tours & Trips Received  | \$1,273.00   | Trip received/disb                    | \$1,772.00    |
| Total Tours & Trips Disbursed |              | Trip balance***                       |               |
| Checkbook Balance             | \$2,909.71   |                                       | \$2,909.71    |
| Interest Bearing Account      | \$1,096.90   | ***completed -transferred to Incoming |               |
| Petty Cash                    | \$114.00     |                                       |               |
| Total Accounts                | \$4,120.61   |                                       |               |



**2018 Officers:** Skip Poole, Director, Carolyn Durphy, Past President Director, Peggy Powell, Vice President, Lea LeBar, Secretary, Joan Albertella, Director, Pat Jones-Scott, Virginia State Rep, Ed Rowan, Director, Tony Aris, Nominating Committee, Larry Eiben, President, Dick Durphy, Treasurer. Joyce Bowers and Dick Brady, both Directors, were not able to attend this meeting.

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

[www.aarp5239.org](http://www.aarp5239.org)

This Month's Meeting: January 15, 2018  
Great Hall, Clubhouse, 9:30 am

Next Month's Meeting: February 19, 2018  
Great Hall Clubhouse, 9:30 am



## 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 | <a href="mailto:dickd9@msn.com">dickd9@msn.com</a> |

### DIRECTORS

|                |                 |                         |              |  |
|----------------|-----------------|-------------------------|--------------|--|
| Director       | Joyce Bowers    | 323 Yorktown Boulevard  | 540-972-9325 | Bjbower1@verizon.net                                       |
| Director       | Joan Albertella | 111 Patrick Henry Court | 540-972-7779 | jfa1041@comcast.net  |
| Director       | Ed Rowan        | 139 Harrison Circle     | 540-972-9936 | Rowan10_2000@yahoo.com                                     |
| Director       | Skip Poole      | 262 Washington Street   | 540-972-7268 | Poole123189@comcast.net                                    |
| Director       | Dick Bradie     | 832 Eastover Parkway    | 540-308-5507 | Aceboggs16@yahoo.com                                       |
| Past President | Carolyn Durphy  | 1105 Eastover Parkway   | 540-972-3306 | <a href="mailto:dolph1nlvr@msn.com">dolph1nlvr@msn.com</a> |

### COMMITTEE CHAIRS:

|   |                   |                             |              |  |
|---|-------------------|-----------------------------|--------------|--|
| Chicken BBQ Chair                         | Larry Eiben       | 221 Harpers Ferry Drive     | 540-972-1847 | larryeiben@gmail.com   |
| Driver Safety Class                       | Su Bielmeier      | 1310 Eastover Parkway       | 540-208-1914 | driversafetyclass@gmail.com                                      |
| <b>Email/Membership/<br/>Perspectives</b> | 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 | <a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a> |
| Legislative                               | Tony Quattromani  | 110 Wakefield Drive         | 540-972-1324 | aquattromani@comcast.net   |
| 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  |
| 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   |
| Silent Auction Chair                      | Karen Kovarik     | 501 Wakefield Drive         | 540-972-7866 | dkkovarik@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 | <a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a> |
| 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   |