



PERSPECTIVES - MAY 2021

Carolyn Durphy-President & Pam Archer-Membership

I'm sitting here on Saturday, May 1 writing this and watching the 147th Kentucky Derby. The hats are so beautiful. It is a beautiful sunny day and hard to believe that it is May already! Medina Spirit is the winner!

I want to wish a Happy Mother's Day on Sunday the 9th to all the Mom's and Grandmom's out there. Hope you all will be able to share the day with one or all of your children.

LOW Veterans - Joe McEuen

A reminder to all LOW members, that anyone who lost a military spouse from last Memorial Day to now and would like them remembered at the LOWVETS Ceremony this year to contact Joe McEuen, 972- 2054 or mac3rdgd@gmail.com by May 15.

Renewal of Driver's License

A reminder to check your renewal date. If it is this year, go on-line and make an appointment. You can go to: www.dmv.virginia.gov/drivers/#enotcanrenewonline.asp.

AARP Smart Driver Online Course - Joan Albertella

AARP Smart Driver Online Course for Mature Drivers
Recently I completed this course and received my Certificate of Completion which I sent to my car insurance company for a discount on my insurance bill. It was an excellent refresher and you can do it at your own speed/time. You can sign up for it on line (www.aarpdriversafety.org). Have your AARP membership card available to receive a reduced fee.

The AARP Picnic - Save the Date

The Sweetbriar Pavilion is reserved and there are restroom facilities available. The date is **Monday, June 14th from 10:00AM to 1:00PM**. (This is also Flag Day.) Drinks will be provided. We are asking you to bring your own sack lunch and please wear masks unless eating. Our officers and directors look forward to seeing you all. It will be the first time we have all gotten together since February of 2020!!

LOW Players

Plan an enjoyable evening or afternoon out and see the LOW Players latest production "Four Weddings & an Elvis". It will be held at Sweetbriar Pavilion and you bring your own lawn chairs and snacks. Beer, wine, soda & water will be for sale before the play and during intermission. The ticket price is \$20.00 and can be purchased at www.lowplayers.org or call Sandie Frame at 972-6385. Dates and times are as follows:

Friday the 14th at 6:30PM

Saturday the 15th at 2:00 and 6:30PM

Sunday 16th at 2:00PM

Friday the 21st at 6:30PM

Saturday 22nd at 6:30PM

Sunday the 23rd at 2:00PM

Sunshine Report – Vi Liberti

A sympathy card was sent to Sharon Webb on the death of her sister Sandra McNeilly



May Birthdays - Pam Archer

Wishes for a fun-filled birthday are sent to Ed Bunting, Vicky Fleming, Alice Grgas, Arthur Lieb, Clive Loudon, Rani Manhard, Judi Marzolino, Dean Munsell, Linda Ogletree, Pierre Payette, Patti Pfeifer, Deborah Raines, Edwin Roessler, Kathleen Saladino, David Schubert, Robert Spencer, and Linda Ticomb!

Summer Health - Sandie Frame

Summer is coming and with it more sunny days and outside activities. Shield yourself from the sun and bugs, too in the same way you need to take care to protect your muscles and joints when gardening you also need to protect your skin from the sun and bug bites.

Use a sunscreen labeled “broad spectrum” or “UVA/UVB protection” that has an SPF of at least 30. Don’t forget to apply sunscreen on those easily exposed places on your body, such as your neck, ears, and any exposed scalp. (better yet wear a hat). Don’t ignore your lips: Choose a lip balm with SPF of 30 or higher,

Use an insect repellent containing DEET, picaridin, IR3535, or oil of lemon eucalyptus (which can all be applied to exposed skin) and merethrin (which should be sprayed only on your clothes). Don’t wear insect repellent underneath your clothes. When you return indoors remember to check your clothing and skin for ticks.

Wear protective gloves, sturdy shoes, long pants, sunglasses, and a wide brimmed hat to protect from the sun’s harmful rays and from insect bites, as well as, from sharp objects and garden chemicals, if any are used.

Make sure your tetanus and diphtheria (Td) vaccination is up to date; you need a booster every 10 years. The bacterium that causes tetanus is found in soil and can enter your body through cuts in the skin.



Let’s all enjoy the coming summer.

Source: University of *California, Berkeley*, Wellness Letter, May 2020

Tours & Travel - Pierre Payette

How many of you are interested in a day trip to the Virginia INTERNATIONAL TATTOO SHOW in Norfolk, VA? Many of you have enjoyed this show in the past.

The Fredericksburg Seniors are going on Sunday, June 6th. Cost is \$129 per person and includes 1 dinner, pre-show Hullabaloo entertainment, VA

INTNL TATTOO Show, Norfolk Naval Base tour, motor coach transportation (from Fredericksburg), and taxes and meal gratuity.

For information and reservations, contact the Fredericksburg Seniors. Nancy Griswold at (540)-845-8391.

As far as I know, this is the only group from the area that has a trip to the tattoo this year. All are welcome. You do not have to be a member of the Fred seniors to participate.





How God created Mother

God took the fragrance of a flower,
The majesty of a tree,
The gentleness of morning dew,
The calm of a quiet sea,
The beauty of a twilight our,
The soul of a starry night
The laughter of the rippling brook,
The grace of a bird in flight,
Then God fashioned from these things
A creation like no other,
And when His masterpiece was through,
He called it simply...MOTHER.



Memorial Day Poem

Far away from all they knew,
With heats of pride and courage true,
Vowed to serve as freedom's light,
And through their strength our nation's might
They gave all our brave defenders
Where poppies lie, we will remember.



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AARP Chapter 5239 Officers, Directors and Committee Chairs

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