



PERSPECTIVES – SEPTEMBER 2024

President's Letter – Garry Archer

Early September and cooler weather are finally here. We survived some of the hottest days I can remember.

And speaking of unusual events, we all made it thru the water crisis that none of us ever thought would happen here. To help our neighbors during this time various clubs and organizations assisted in the distribution of bottled water. Our AARP Club assisted in this effort as well.

Two months ago, I spoke of the need to reach out and get new members. To that end I will be presenting an opportunity to our board. We have been offered a table at a LOWLINC event being held on 9/21 at Sweetbriar Park.

Stay strong, stay safe and I'll be seeing you all at our next meeting

Reminder – Our Chapter Board of Directors meeting is Monday, September 9th, 10 AM at the Woods Center. All members are welcome!

Sunshine Report – Carolyn Durphy

Cards were sent to Joanne Algera on the passing of her husband, Bob, and to Mike and Pam Derreberry on the passing of Mike's sister. If you know of anyone who needs a little cheer sent their way please let me know.



Explore Orange County – Karen Kovarik



One cannot live in Orange County and not be awed by her history, but the current Orange also has her charms, the recent water crisis notwithstanding. Our speaker this September is Shannah Mort, who for the past year has worked for Orange County Economic Development and Tourism as the Tourism Counselor, and is also currently the Executive Director for The James Madison Museum of Orange County Heritage. Prior to working for Orange County, she was the curator at The Exchange Hotel Civil War Medical Museum in Gordonsville and worked for Louisa County. Her husband also works for Orange County as Chief of Fire & EMS, and they live on Lake Anna with their children.

Her presentation covers the diverse attractions, activities, culinary experiences, historical venues, and community events that make Orange County, Virginia, a unique and vibrant destination. We'll also dive into the vibrant community events, including annual festivals like the Orange Street Festival, farmers markets, and seasonal celebrations that engage both residents and visitors throughout the year. This presentation will provide a comprehensive look at all the experiences Orange County has to offer, making it clear why it's a wonderful place to visit and call home.

Report Your Volunteer Hours – Dave Krause

Each year our chapter reports to Virginia AARP the number of hours members have donated in service to our organization. If you have not already entered your hours for 2024 in the book at one of our meetings, please do so at the September meeting or send your total to Dave Kraus, krausman369@gmail.com.



You can report only those hours spent on activities sponsored or supported by our chapter. That includes time spent performing your duties as a chapter officer or committee member. Do not include hours spent on behalf of other organizations. I will continue to accept 2024 hours through the end of the year and into early January.

Health Tip for the Month – Joan Albertella

Dry Mouth – A variety of factors can cause or contribute to dry mouth: Drinking too little fluids. Salivary glands produce too little saliva to hydrate your mouth adequately. Factors that may contribute to decreased saliva production include: Anxiety, medications, age, medical conditions such as Sjogrens syndrome, diabetes, high blood pressure, and radiation therapy.



Salivary glands play a crucial role in overall oral health. Saliva keeps the mouth moist for chewing, swallowing and speaking. It lubricates food so it can move smoothly through the digestive tract; It protects the teeth from loss of minerals and decay and improves taste.

Not having enough saliva can lead to cracked lips and mouth sores. It increases the risk of thrush, a yeast infection in the mouth. Chronic lack of saliva also can lead to increased plaque and gum disease.

Products that can help replace mouth moisture are Biotene Oral Balance Moisturizing Gel, and products with xylitol (gum) can help increase saliva. If your mouth is extremely dry due to Sjogren syndrome or radiation treatment for cancer, prescription medication such as pilocarpine (Salagen) can help to make more saliva. In addition, brush with a fluoride toothpaste and floss every night.

Source: Mayo Clinic Health

Food Pantry – Pam Derreberry

Items needed as we slide into fall and Thanksgiving: Side dishes (e.g. stuffing, cranberry sauce, macaroni and cheese, rice dishes), gravy and soups.

Additionally, egg cartons are also needed – 12 count only, paper or foam preferably, although clear plastic would be ok.

September Birthdays – Pam Archer



Refreshing September Birthday Wishes to Joanne Algera, Tina Aris, Charles Brewer, Hattie Brinsfield, Jean Bunting, Larry Donoho, Barbara Dunbar, Carolyn Durphy, Nicholas Duy, Nancy Lamb, Alice Munsell, Sylvia Murphy, Irene Payette, Joy Poole, Bill Ruark, Elaine Shirkey, Marcia Shorten, Carolyn Spero, and Ann Wood.

Tours and Travel – Pierre Payette



Time is getting short! Don't be left out! Absolute cut-off date is Sunday, September 15. All payments are due by then,

Montreal, Canada

December 1st - December 6th. (6 days, 5 nights) to Montreal, Canada, featuring Montreal Christmas Markets. City tour of Montreal, Montreal Underground, Notre Dame Basilica, and Montreal Christmas Markets. Package includes 5 nights lodging (3 in Montreal area), 5 breakfasts, 3 dinners, welcome and orientation, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's and guides' gratuities.

Cost is \$950 pp double, and \$1349 pp single occupancy. Don't be left out, reserve your spot with a \$25 per person refundable deposit. Payments must be paid in full no later than September 14. Cancellation insurance is available and recommended.

Departure will be from Lake of the Woods, and Gordon Rd. Commuter Lot on Route 3 in Spotsylvania.

Valid U.S. Passport required.

Flyer can be viewed and downloaded at AARP 5239.org under "downloads."

For information and reservations, contact Pierre Payette at 540-972-0519 or pierre114@verizon.net.

Sight and Sounds

A trip is being planned in late April, early May to Sight and Sound to see "NOAH." Should be lots of animals. We will also tour and shop in the Amish country. More info as it becomes available.

AARP Foundation Tax-Aide Program – Pam Archer

Virginia residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, has low-contact, contact-free, and in-person options for providing taxpayer assistance. These options vary by location and are subject to change. AARP membership is not required. Visit aarpfoundation.org/taxaide for details.

Tax filing season may be months away, but the Locust Grove Tax-Aide group is already seeking volunteers who want to serve their community through the AARP Foundation's Tax-Aide program. Tax-Aide focuses on serving older adults living with low to moderate income and helps them secure much-needed tax refunds. Volunteers are trained, and classes are generally held in December or January for the upcoming tax filing season. The amount of training required depends on the position.

During tax filing season February through April, the volunteers will assist taxpayers while the local site is in operation. For additional information, please call our local coordinator, Darla Curnette at 540-318-0345 or you may contact me at 607-237-5018. We are a very friendly and fun group of dedicated volunteers!

The time commitment starts at four per week during tax season.

