



PERSPECTIVES – April 2023

President's Letter – Pierre Payette

Things continue to progress with the Chapter. Membership is growing at a slow, but steady pace. More and more members are catching up on their dues, and a few new members are joining each month.

The Chattanooga Choo Choo trip is completely sold out. After all is paid to the tour company, and drinks, snacks and driver's gratuity are taken care of, there should be between \$1200 and \$1500 that will be deposited into our charitable fund for distribution at our December meeting. There will also be a trip to Bethlehem, PA in December, but any profits from that trip will be applied to our 2024 charities.

We are going to try a trip to the Casino in Charlestown, West Virginia in May. More info under "Tours and Travel."

Judy Schrage and Barbara Ehlen are looking into having a VIN Etching again, here at LOW. More later.

June will be our picnic at the Sweetbrier Pavilion. Volunteers will be needed, and a sign-up sheet will be available at our May meeting.

The first order of T-shirts was delivered. More can be ordered. See Kathy Saladino.

Look for another interesting speaker at our May meeting. Joan Albertella and Bill Ruark do a great job identifying and getting speakers almost every month. If you know someone who is willing to talk about an informative and interesting subject, talk to Bill or Joan about them. No politicians please!

Looking forward to seeing all of you at our April meeting in the Great Room at the Clubhouse, on April 15.

HAPPY EASTER to everyone!

Good Nutrition Starts From The Inside Out – Karen Kovarik

Our April speaker is LOW resident Suzanne Amoruso RD, CDESS, a certified diabetes educator. Suzanne worked in hospitals, wellness centers and outpatient diabetes management centers before private practice where she now offers counseling sessions as well as free monthly talks on Zoom. Her focus is food, whole food!

AARP meets the third Monday of the month in the Great Hall of the Clubhouse at 9:30 for coffee, treats and socialization. The meeting starts at 10. Visitors are welcome, and no invitation is necessary.

Club associate membership is available for those under 50. You may enjoy all the benefits of club membership, but may not hold office. Is that a drawback, or an inducement? Of course, that bar will be lifted when you attain 50.

Tours and Travel – Pierre Payette

Charlestown, WV Casino – Join the LOW Chapter of the AARP on a trip to the casino on Wednesday, May 10. Bus will leave from and return to LOW. Cost is \$50, with \$20 of free play at the casino. All profits will be distributed to local charities. For details, or to sign up, call Pierre at 540-972-0519 and leave a clear message, or email at pierre114@verizon.net Must be 21 or older.

April Birthdays – Pam Archer



Showers of birthday wishes to Mary Berger, Helga Birdsong, Carol Bohrer, Kathryn Gallenbeck, Carolyn Lewis, Maynard Matthies, Joseph McEuen, Kenneth Race, Noah Rakes, Carl Tungli-Giese, Raymond Wareham, Chuck Williams, David Witmer, and Dayle Young

Thrive Beyond 55 – Karen Kovarik

AARP members are invited to attend at 9am on Wednesday, May 10 at the Lake of the Woods Church. This free all-day session is presented by Triad and the Orange County Sheriff's Office. It requires per-registration (540-661-6156) and does include lunch. The program includes protecting your assets, scams, and the faces and facts of Triad. Randy Clouse, Office of the Attorney General will be the keynote speaker.

Community Yard Sale - Garry Archer



We are going to be conducting a yard sale on Saturday, June 3, at Sweetbriar Park, as part of the Community Yard Sale. The purpose of this project is to help raise funds for the community organizations we support. A sign-up sheet will be by the area where you check in at the April meeting. We are looking for volunteers to assist with pricing, selling, and packing any items remaining.

We will be accepting donations at a place to be designated shortly. We are looking for household and gardening items. We will also take jewelry and clean, gently used specialty clothing. Please make sure any electronics are in good, working order. We are unable to accept old style televisions (CRTs).

Licata Group Shred Day

Saturday, April 22nd from 11:00 to 2:00 pm the shredder will be in the Food Lion parking lot. Donations are encouraged but not required with all donations going to the LOW Fire and Rescue. Taco Tuesday will have a food truck available on site selling a delicious variety of Mexican fare. The Kona Ice Cream truck will be selling shaved ice with 20% of their proceeds going to LOW Fire & Rescue.

Sunshine Report – Carolyn Durphy

Get well cards were sent to Mary Kay Wilks and Susan Trunzo. Let me know if there is someone that needs cheering up!



Memory Changes as We Age (Part 2) – Sandie Frame

Have you walked into a room and forgotten what you came in for or a certain word eludes? These “senior moments” are generally just lapses in memory.

Dr. David Tung, a neurologist at the UCLA School of Medicine states: “If we compare people in their 20’s with older people, the younger people will almost always do better on memory tests. Much of what we call “senior moments” might be more attentional or focus-related, or it could be processing speed. Information just can’t be processed as fast as it used to be.”

Trying to discern what is normal age-related forgetfulness versus something more serious is not always a black and white issue. Small lapses in memory are generally no big deal. For example, not being able to recall a person’s name upon seeing them, then remembering that name sometime later is less likely to be of concern.

“The people who later remember things they’ve forgotten are more likely to be experiencing normal age-related memory changes. It’s the people who don’t remember that they have forgotten things. That’s when our level of suspicion goes up.”

Other instances that raise concern include:

- Repetitive questioning within a short period of time
- Getting lost on familiar routes
- Memory loss that affects daily function
- Falling for similar financial scams multiple times

There are some common memory tests that can be administered. The first step is to see your primary care doctor or a geriatric physician. They likely will do a short cognitive screening test before deciding whether to refer you to a specialist for more extensive testing. A common test, call the Mini Cog, includes comprehension and recall. The patient is asked to draw a circle for a clock and place the hands to reflect a specific time, such as 10 minutes after eleven. For recall the physician asks the patient to remember three unrelated words, such as chair, pineapple and dust. Then later during the exam, the physician will ask for those words to recalled. The Mini-Mental State Exam, NMSE, is another commonly used assessment. It is a quick way to evaluate language functions, attention, speed of processing, visual and visual-spatial contexts, and executive functions. The test takes about 10 minutes. Like the Mini Cog, the MNSE does not diagnose a specific underlying disease, but it can indicate if there are cognitive problems that warrant further investigations.

The MNSE consists of a series of questions and tests. For example:

- Orientations: What is today’s date and season?
- Attention and calculations. Count backwards from 200 by 7’s.
- Language: Look at a pencil and state out loud what it is.

If these short exams suggest a potential problem, the physician may refer a patient to a specialist for further evaluation.

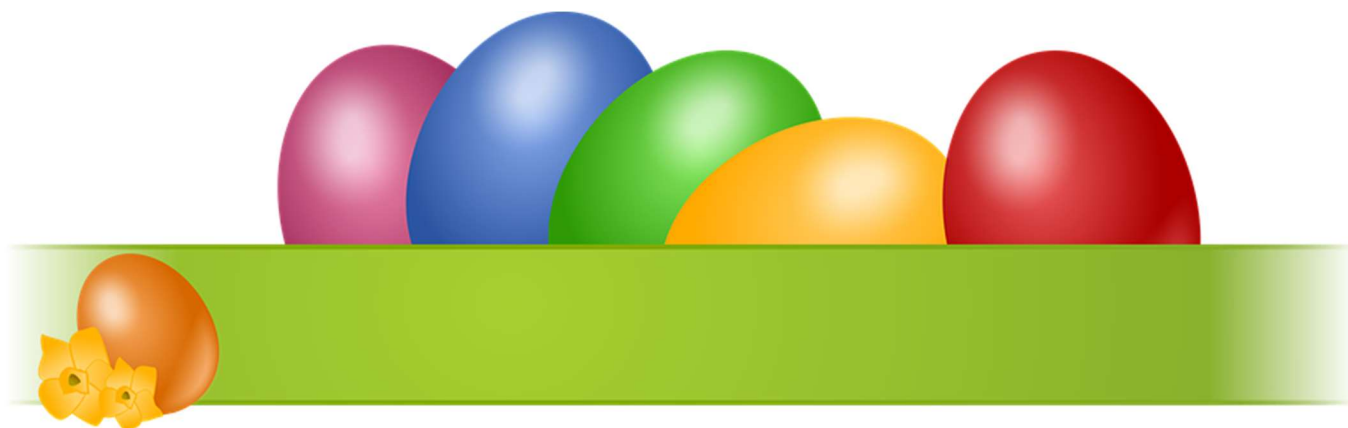
The specialist, a neurologist, geriatric specialist, or geriatric psychologist, can perform more comprehensive testing. The tests require about an hour and a half and possibly multiple visits. The tests may include neuropsychological assessments (paper-based and conversational) to evaluate memory and various aspects of thinking. Diagnostic tests may also be ordered, such as blood tests, MRIs and CT scans. Some medical illnesses (and medications) can impact a person's memory.

Source: UCLA Health, Healthy Years, Volume HY 194 A Winter 2022

Email Changeover – Sandy Davis

By now you may have received a test email from our new email address of aarp5239Chapter@gmail.com. Please be sure to respond by clicking the link and confirming your email address. It is a legitimate email, not spam!

We are hoping to distribute notice of our *Perspectives* newsletter using this address shortly. If you have any questions or need assistance, please contact Sandy Davis at sandyd11111@gmail.com or call at 304-629-1662; or Pam Archer at archers0526@gmail.com or call 607-237-5018. Be sure to add the new chapter email address to your email contact list if you haven't already done so. This prevents the mail going into your junk/spam bucket.





AARP 5239
PO Box 945
Locust Grove, VA 22508

www.aarp5239.org

AARP Chapter 5239 Officers, Directors, and Committee Chairs

OFFICERS

President	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
Vice President	Garry Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Secretary	Deborah Conrad	216 Wilderness	571-499-0460	delseydoll@gmail.com
Treasurer	Kathy Saladino	100 Dogwood Ct	540-412-5338	dockstaterny@gmail.com

DIRECTORS

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerryjudy@msn.com
Director	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	wisecruiser@hotmail.com
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Director	Lynn LuHuray	119 Cumberland Cr	540-412-6762	marilyn_lehuray@comcast.net
Past President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com

COMMITTEE CHAIRS

Driver Safety Class	Vacant			
Email	Sandy Davis	108 Cedar Ct	304-629-1662	sandyd111111@gmail.com
	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Food Pantry	Garry Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Lead Greeter	Susan Bhuller	106 Broken Iron Ct	540-840-3919	bhullersm@comcast.net
AARP Name Tags	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Medical	Sandie Frame	103 Woodland Trl	540-972-6385	sandieframe@comcast.net
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Perspectives	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Photographer	Bill Ruark	216 Confederate Cir	540-424-0223	wtruark@gmail.com
Program Co-Chair	Bill Ruark	216 Confederate Cir	540-424-0223	wtruark@gmail.com
	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Public Relations	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Rd	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green St	540-972-3326	callwood@aol.com
	Rani Manhard	310 Hillside Dr	540-972-7859	ranilow@verizon.net
Sunshine	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Tours/Travel	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Beth Drabant	530 Harrison Cir	703-399-4769	ead333@yahoo.com
Volunteer Hours	Dave Kraus	127 Indian Hills Rd	571-334-4913	krausman369@gmail.com
Web Master	Sandy Davis	108 Cedar Ct	304-629-1662	sandyd111111@gmail.com