



PERSPECTIVES - APRIL 2022

**Carolyn Durphy – President &
Pam Archer – Membership**

March came in like a Lamb and is going as a Lion!! What a roller coaster ride we have had weather wise. The official start of spring was Sunday the 20th. Looks like we are on our way to warmer days and also longer days as Daylight Savings started on March 13th. I look out on my yard and can't wait to see it all cleaned up and to also get the umbrella up and chairs out on the deck. Looking forward to being able to enjoy eating out there.

It is so nice to see the Bradford pear trees and the forsythia bushes all in bloom. The pictures on TV of the cherry blossoms in bloom are so pretty. Wish I could be able to get down to the Tidal Basin to see them in person. Hoping to get some flowers planted in the flower boxes on the deck this year and waiting to get past the frosty mornings so I can put my Peace Lily back on the deck.

Another reminder, don't forget to mark your calendar for **Monday, May 16th** for our AARP meeting. Please call Ann or Rani if you can bring some goodies for the Refreshment table. **This is a very important meeting as we have to decide whether we are able to continue our chapter.** We have to have a new slate of Officers and a new slate of Directors. We also need some new committee chairs. We look forward to seeing you at this critical meeting. **Don't let this be our last meeting!**

Community Shred Day – Sponsored by The Licata Group

Gather up all your shedding material and come to the Food Lion Parking lot on **Saturday, April 30th between 11 AM through 2 PM.** Donations are encouraged but not required. All proceeds go to LOW Fire and Rescue.

The Taco Tuesday food truck will be there selling a variety of Mexican fare and the Orange county Animal Shelter will also be on site.

Electronics Recycling Event

The Orange County Landfill, Litter Control Committee and Rappahannock Goodwill Industries will be hosting an electronics recycling event **Saturday, April 9th** at the Orange County landfill on Route 20. The event will begin at **8AM and continue until noon.** Accepted items include: computers, computer monitors, hard drives, printers, scanners, copiers, fax machines, wires, cables, video game systems, VCR and DVD systems, etc. Televisions and large appliances **will not** be accepted.

Thrive Beyond 55 – Beth Drabant

A health, safety and crime prevention conference specifically designed for citizens 55 and older. This is being held on **Tuesday, May 10th from 9AM to 3PM** at the LOW Church. The admission is free but registration is required as there is limited seating. Please call 540-661-6165 or email OCTriad@gmail.com with your full name. Lunch is provided.

Speakers include:

Attorney H. Van Smith – Protecting Your Assets

Special Agent Michael French – 411 on Scams

Deputy Ron Kesner – The Faces and Facts of Triad

Randy Clouse, Office of the Attorney General – Keynote Speaker

April Birthdays - Pam Archer

Showers of Birthday wishes this month to:
Mary Berger, Helga Birdsong, Kathryn Gallenbeck,
Richard Gullickson, Carolyn Lewis, Maynard Matthies,
Joseph McEuen, Noah Rakes, Brian Smith, Carl Tungli-
Giese, Raymond Wareham, Chuck Williams, David
Witmer, and Dayle Young



Sunshine Report – Vi Liberti

Vi is home now and doing rehab there. While Vi is recuperating, please let Carolyn or Pam know if there is someone we need to send a card to.

Fire & Rescue Scam – Garry Archer

There is an internet scam in progress which unfortunately involves LOW Fire & Rescue. Someone has gained credit card information and is charging the victims' credit card indicating it is from LOW Fire & Rescue. This is not correct - they never send invoices. If you find a charge like this on your credit card:

- Report it to your credit card company immediately.
- Go to ic3.gov and file a complaint.
- Call the Orange County Sheriff's Dept to report.
- If you have any other questions or concerns email Fire & Rescue at Board@lowfr29.com

Feeling Gassed Out? – Sandie Frame

On average people pass gas – “wind” - between five and 15 times daily. But built-up pressure from gas can be painful, and passing gas can be embarrassing. Excess gas or gas that produces an especially strong odor may signal health problems such as irritable bowel syndrome or dietary issues such as lactose intolerance. If you are concerned about your flatulence consider these initial steps.

- *Change your cooking approach:* Gas-producing foods such as beans, onions, broccoli, Brussels sprouts, cabbage and whole grains may be less so if they are steamed, baked or boiled. Soaking beans and legumes overnight also can help. Limiting or cutting out fried foods is another good measure to try both for limiting gas and for overall health.
- *Drink water, not soda:* Beverages with carbonation are common culprits for gas and gas pains.
- *Go slow when adding fiber:* Adding too much fiber too fast can cause discomfort. Increase your intake of fiber rich foods or fiber supplements such as Metamucil or Citrucel, over the course of several weeks.
- *Use gas relief additives:* Although they won't stop all your gas, nonprescription products such as alpha galactosidase (Beano) may reduce symptoms.
- *Limit artificial sweeteners:* The sugar substitutes sorbitol and mannitol can produce gas.

If these steps don't help, talk to your health care provider. Excess gas, particularly if coupled with weight loss, diarrhea or abdominal pain, can be an indicator of serious health conditions.

Source; Mayo Clinic Health Letter, Volume 40, NO. 4, April 2022





www.aarp5239.org

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