

PERSPECTIVES

November 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

Family, Friends, Food and Fun

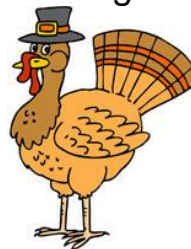


Zip-a-dee-doo-dah, zip-a-dee-ay, My, oh, my, what a wonderful day, Plenty of sunshine

headin' our way, Zip-a-dee-doo-dah, zip-a-dee-ay! I think Mother Nature will be very good to us on November 6th, 2018, for the Election Day Chicken BBQ. This is my version of wishful thinking, however, a few prayers along the way would certainly be welcome. Just a reminder, the Chicken BBQ will be held at the Community Center this year so spread the word! This BBQ is a special event for the community and supports many, many charities – how sweet it is!

Thanksgiving is rapidly approaching so thought I would share a couple tidbits about this

special day. Thanksgiving is a chance for families and friends to gather together, to feast and to enjoy one another. Did you know that 88% of Americans surveyed by the National Turkey Federation eat turkey on Thanksgiving – 46 million turkeys are eaten each Thanksgiving, 22 million on Christmas and 19 million turkeys on Easter. The turkey industry employs 20,000 to 25,000 persons in the United States. So, the moral of the story is, the more turkey you eat the more jobs are created – isn't it great!



I leave you with this quote:
EAT, DRINK AND BE THANKFUL



NOVEMBER MEETING

Program at AARP 5239

By Madeline Salustri, AARP publicity chair

Carol Simpson, executive director of *Aging Together*, will share valuable

information for the adult population at the November Locust Grove AARP 5239 meeting.

Carol holds a Masters Degree from Georgetown University in Health statistics, and for eight years was the first director of the Alzheimer's Association of Greater Washington. She has been executive director of *Aging Together* for two years. Her presentation will certainly interest AARP members. Who doesn't want to enjoy a talk that includes the secrets of living to be 100? Those secrets will be revealed with lessons from the world's centennials. Carol will also explain exactly what *Aging Together* is and will share local community resources that are available for older adults. Join us in the Great Room in the Clubhouse on Monday, November 19 at 9:30 am for breakfast treats and warm fellowship. The meeting begins at 10 am. Invite friends and neighbors.

And come to the Community Center on November 6 to enjoy the AARP sponsored Election Day Barbecue. Tickets are available from any AARP member or from Larry Eiben at 540 972 1847. For only ten dollars (\$10) you may feast on one half freshly barbecued chicken, baked beans and cole slaw topped off by a home baked brownie. You may "dine in" where beverages will be available or "carry out" the feast in a sturdy food box. More information is available by contacting Larry Eiben at 540 972 1847.



Carolyn Durphy will be collecting the box tops for education coupons. All dates from 11-2017 are accepted. Leave in the container at the check-in table. Thanks to all who save.



THE LIONS FOOD PANTRY

**By Norma Ervin
Chairman Food Drive**

Please remember that we need to be generous in our food collection at our November meeting. It is difficult to bring to the December meeting since we are carrying dishes for our Holiday Meal. Bring items that might be used for a holiday meal—canned sweet potatoes, dressing, gravy, jello and fruit. Canned green beans and corn are available from the Food Bank in town so the pantry is well stocked with those two vegetables. Cold weather items would be great—hot chocolate mix, oatmeal, tea bags and coffee. Boxed dinners and canned meats are always welcome. Our local Wilderness Food Pantry serves many families who need assistance with meals. If you wish to donate money cash will be collected or checks should be written to AARP Chapter 5239 with Wilderness Food Pantry on the memo line. This is a change from how we have asked for checks in the past for the Food Pantry. Thank you for all your support for our community members who need assistance.

FUND RAISING OPPORTUNITY

**Norma Ervin, Fund Raising
Committee**

THANK YOU!!!!!! DINING TO DONATE at GENERAL'S QUARTERS on Wednesday, October 24th was a great success. We will be receiving a check for \$500 which is the best we have ever

made. We have an opportunity to surpass this amount on **November 28th at the Clubhouse. A coupon will be required** to be given to the Waite Staff so that our club will receive a percentage of the cost. These will be available at the next meeting. Please invite neighbors and friends to join you. Everyone will be tired of turkey leftovers and will appreciate a evening out with a good menu selection. Your support will enable us to help more charity organizations in Orange County

MEDICAL NEWS

By Sandi Frame

Should you get the new shingles vaccine even if you have not had the chickenpox? Even if you do not remember having the chickenpox, you should still get the shingles vaccine – it will not give you the chickenpox. The new and improved shingles vaccine (Shingrix) is approved for people 50 and older- even those who received the first shingles vaccine (Zostavax). The CDC says the physicians need not ask if you have ever had chicken pox (or test for the antibodies to it) before giving the vaccine.

The same virus, varicella zoster, causes both chickenpox and shingles. After you have chickenpox, the virus remains dormant in nerve tissue and, if it reactivates, it causes shingles (a blistering rash) usually on the torso that causes pain for weeks or months.

Though people can't get shingles unless they had chickenpox, it's safe to assume that almost all older adults had chickenpox, even if they do not remember it, according the CD. The shingles vaccine is a much stronger version of the chickenpox vaccine given to kids, so it would also protect against chickenpox.

Unfortunately, Medicare A and B do not cover the shingles vaccine. If you have Part D, drug coverage, it may cover it. Military dependents can receive the vaccine at a base dispensary, however, there is a shortage of this vaccine for all persons. Work with your physician to be placed on a waiting list if they offer the vaccine. Also check with your local health department.

Source: University of California, Berkeley Wellness Letter, August 2018



by Joan Albertella

A get -well card was sent to Dick Berra and Patti Batten

A sympathy Card sent to Aggie Mucciacciaro - passing of her sister-in-law

If you know of someone needing a card or note, contact Joan at jfa1041@comcast.net. Please include their address if you know it.

NOVEMBER BIRTHDAYS



- Ellie Baughman, Dick Bradie
- Laurel Buongiovanni
- Marilyn Buttimer
- Stephen Cakouros,
- Roland Hamilton, Don Larsen
- Richard Martin, Peggy Powell
- Joe Sauro, Ken Tillman
- Ann Walker, Ellen Wilson
- Mary Kay Wilks,

**Social Security Benefits
Increase by 2.8% in 2019**



The Social Security Administration recently announced the cost-of-living increase for Social Security benefits in 2019. The 2.8% increase is the largest boost in six years. The cost-of-living increase was 0% in 2016, 0.3% in 2017 and 2% in 2018. Over 67 million Americans receive Social Security and will enjoy an increased check in January, 2019.

The average 2018 Social Security payment of \$1,400 per month will increase by about \$39. Social Security recipients with larger payouts will appreciate a greater increase in the value of their benefits.

Military retirees will also receive a 2.8% cost-of-living increase. Veterans benefits for disability pay and dependents' compensation will also benefit from the 2.8% increase.

House Veterans Affairs Committee Chairman Phil Roe (R-TN) was clearly pleased with the decision by Congress to pass legislation to give military retirees and veterans the 2.8% increase. Because the increases in military benefits are not automatic like the Social Security changes, they require an act of Congress. Roe stated, "So many veterans rely on

disability compensation payments to make ends meet, and this cost-of-living adjustment means they will be able to continue to do so."

The Center for Medicare and Medicaid announced increased Medicare Part B premiums for 2019 this week. The basic Medicare premium will increase by \$1.50 from \$134 to \$135.50 per month.

Low-income Social Security recipients (about 4% or 2 million individuals) will pay less than \$135.50. Their Medicare premium is limited to the increase in Social Security.

Upper-income recipients of Social Security (about 5% or 3 million individuals) will pay higher Medicare premiums. The Medicare premium surcharge is based on modified adjusted gross income (MAGI). Single filers with MAGI over \$85,000 and married couples filing jointly over \$170,000 will pay a Medicare surcharge. For single taxpayers, the Medicare premium increases to \$189.60 with MAGI over \$85,000. The single filer surcharge tops out with a total monthly cost of \$460.50 if MAGI is over \$500,000.

For married couples with MAGI over \$750,000, the Medicare surcharge is \$460.50 per month. The annual Medicare premium for these couples is \$11,052.

TOURS AND TRAVEL

By Pierre Payette

SAVE THE DATES:

MYRTLE BEACH AND CHARLESTON

APRIL 8 - 12!

5 days, 4 nights \$599

More info to come. Details being worked out.

**AARP CHAPTER 5239
GENERAL MEETING
OCTOBER 15, 2018
LOW CLUBHOUSE, LOCUST
GROVE, VA
HIGHLIGHTS OF MEETING**

By Lea Lebar

Guest Speaker Violet Liberti introduced the guest speaker, Carolyn Rourke, who is Vice Chair of LOWLINC. Her professional career was in communication and management and is now applying these skills in her position with LOWLINC.

Carolyn told us of the Villages beginning which was in Boston. There was a need to allow seniors to stay in their homes by performing various tasks for them with no service fees involved. This concept began to spread throughout the U.S., Australia and New Zealand. Today there are 240 open villages and 150 in development all consisting of volunteers.

In 2014 LOWLINC started by surveying the needs here for members and volunteers and in

2015 began the organizational and incorporation procedures. The program was launched in 2016 with 31 members. Today there are 73 members and about 90 volunteers.

If you are a member, you can receive services such as transportation to and from doctor's visits, having errands run for you, some light housekeeping, to name a few; social activities include dinners and lunches at different restaurants, baseball trips, theater, movies, card games and the list goes on; and health wellness monthly speakers' series with topics such as physical therapy, Alzheimer's, medical power of attorney.

The yearly membership fees are \$400 for an individual and \$500 for a household.

LOWLINC is active with: Aging Together – Aging Expo, Culpeper Wellness Foundation, University of Mary Washington Honor Students Program, Area Realtors, AARP Medicare Workshop.

A member of LOWLINC, Madeline Salustri, told the group her positive experiences since joining. She and her husband, Alex, have made new friends, used the household repair service, enjoy the social activities provided and are just having fun with other members.

Carolyn enjoys her time with LOWLINC and AARP for all the services they provide and for continuing to make new friends.

Membership Carolyn Durphy said 82 people attended our meeting, 7 became new members and 4 were guests. We still need a new membership chair.

Tours & Travel Barbara Ehlen informed us that the Shenandoah Foliage Trip is sold out.

She is waiting to hear from the White House as to the date of the White House tour.

She is working on the Philadelphia Flower Show March 10, 2019.

Fund Raisers November 28's fund raiser will be at the Club House. A coupon is needed. For more information call Norma at 540-972-0652.

Stage Alive Karen Kovarik announced that on November 3 a concert featuring Vocal Trash will be held at the Eastern View High School in Culpeper. All their instruments are made out of recycled trash.

TRIAD Tony Aris has the Guardian Alert 911 system available for anyone interested. A \$100 donation is appreciated. Tony also has bracelets available which has the Orange County Sheriff's Office phone number and a code number on the bracelet in case of an emergency. If interested call:
Tony at 540-972-2016.

He also stated volunteers are needed on Mondays' deliveries for Meals on Wheels.

Ageing Together Ginny Biggs

wanted us to know that the Art of Aging Expo had an attendance of 540 and was a success. Care Givers Workshop will be held November 3 at the Culpeper Baptist Church with Matt Paxton as speaker. Box lunches will be provided but reservations are needed. For details phone Ginny at 540-321-3075.

Refreshments As always, a Thank You to Marianne and Dave Kraus for providing beverages and to Alice Grgas and Ann Wood for making sure the meetings have refreshments.



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

www.aarp5239.org

This Month's Meeting: November 19, 2018
Great Hall, Clubhouse 9:30

Next Month's Meeting: December 17, 2018
Christmas luncheon- Community Center



The Power to Make it Better

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	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
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