



## PERSPECTIVES – JULY 2023

### President's Letter – Pierre Payette

We have reached the halfway point of 2023, and we have accomplished many things, including a successful Audit of our financial records; passing a working Budget; a new program for recycling our used prescription bottles; a Yard Sale; Trip to Chattanooga; Picnic in June; Information Table on the Point for 4th of July festivities; and our Tax Assistance Program. In addition, our **paid** membership has increased from 22 in February, to approximately 125 to date. We have had a few failures, also. One being that we will not be offering Defensive Driving, and a planned trip to the Casino in Charlestown did not materialize.

There is still lots to do in the second half of the year. We need to think about electing new officers for next year. A nominating Committee needs to be established, and a prospective slate of officers needs to be selected. Elections will be held at our November meeting, and Installation will take place at our December Meeting. We need to determine how much our Charitable donations will be, and to whom they are disbursed. Disbursement will be at our annual Christmas Party at the Community Center in December. We are also going to have a Vehicle Identification Etching Day this fall, as well as a Day Trip to Tangier Island, and a three-day trip to Bethlehem, PA in December.

Please consider running for an Officer or Director position. If you are already an Officer or Director, please consider running for re-election, or for another position. It can be very rewarding to help in the leadership of the Chapter. Without leaders, the Chapter will not have a bright future. New blood is always welcomed, and in fact, encouraged.

Next Board Meeting is **Monday, July 10, at 10 AM** at Fareways, and the next General Meeting is **Monday, July 17, 9:30 AM** at the Clubhouse.

Enjoy the rest of the summer!

### **VIN Etching** – Barbara Ehlen & Judy Schrage

VIN etching is one way that the Virginia State Police HEAT Program helps to protect your ride. At this event, your unique Vehicle Identification Number (VIN) is chemically etched onto the windows of your vehicle. The process takes only a few minutes and is provided for FREE!

VIN etching creates another barrier against auto theft. To learn more about VIN Etching and other helpful tips to prevent auto theft, visit [HEATreward.com](http://HEATreward.com). The date and time will be **Saturday, October 7<sup>th</sup> – 10 AM to 2PM**.



### **July 1<sup>st</sup> Celebration** – Carolyn Durphy

A big thanks to the following people that helped out at the AARP table on Saturday. They were Sandy Davis, Joan Albertella, Elaine Shirkey, Patti Pfeifer, Kathy Saladino, Pierre Payette and Ed Bunting. It was a nice day and we were in the shade. Also, want to thank Fire & Rescue for bringing us the table.

### **An Uplifting Meeting for July** – Karen Kovarik

Our upcoming program on Monday, July 17<sup>th</sup> promises to be uplifting. Our speaker Joan Hazzan was born to Greek parents in Alexandria, Egypt, studied in London, and taught at Ohio State Medical School. She is a pioneering research scientist who conducted seminal studies in space medicine, inactivity physiology, stress, healthy aging and making chocolate truffles.

Recruited by NASA in 1964 to study stress in astronauts, she later worked on ways to keep astronauts, including John Glenn, healthy in space and back to Earth. She went on to write the groundbreaking *Sitting Kills, Moving Heals* followed by *Designed to Move* and her latest *Stress Beyond 50*. Her mission: to empower individuals, to practice greater control over their health and well-being through frequent daily movement, making a friend of stress and living a long life with a smile.

Join us **Monday, July 17, 9:30 AM** at the Clubhouse for goodies, with the meeting beginning at 10 AM.

## Protecting Your Assets Information Session - Beth Drabant, Triad Liaison



The Orange County Sheriff's Office Triad Program invites you to attend a free information session entitled "Protecting Your Assets as You Age" presented by Attorney H. Van Smith on **Wednesday, July 12, 2023** from 10:30 AM – Noon at the Orange County Public Safety Building (11282 Government Center Drive, Orange, VA).

A lunch of pizza and soft drinks will be provided. Attendees will be offered a free in-office consultation. Pre-registration is required.

To register or for more information, please contact:  
Deputy Ron Kesner, Triad Coordinator  
Email: [rkesner@orangecountyva.gov](mailto:rkesner@orangecountyva.gov)  
Phone: 540-672-1536

## Tours & Travel – Pierre Payette

Spaces are available for the trip to **Bethlehem, PA** the first week of December. 3 days - 2 nights **December 6-8, 2023**. \$509 per person, double occupancy. Includes 2 nights lodging, 2 breakfasts, 2 dinners, Koziar's Christmas Village, Christkindlmarkt, and more.

Koziar's Christmas Village is one of the greatest Christmas displays in the USA.

Christkindlmarkt is a unique family holiday event modeled after the open-air markets in Germany during the holiday season. It features exquisite handmade works by the nation's finest artisans, and German and Austrian food. A \$25 per person deposit will reserve your seats. Call Pierre at 540-972-0519 or email at [pierre114@verizon.net](mailto:pierre114@verizon.net). Flyer is available at [www.aarp5239.org](http://www.aarp5239.org) under "downloads."

## Tangier Island – Barbara Ehlen

Your trip includes roundtrip motor coach transportation to Reedville, VA where you will board the "Chesapeake Breeze" on a Narrated Cruise for an hour and a half. During your visit, explore the gift shops or take a golf cart tour around the island for just a small fee. Enjoy lunch on your own at Lorraine's Restaurant or choose from other fresh seafood and sandwich shops. The date is **Wednesday, September 27th** and the price is \$99.00 per person. For more information see the flyer which is available at [www.aarp5239.org](http://www.aarp5239.org) under "downloads" or contact Barbara at 540-972-4651 or email at [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com).

## July Birthdays – Pam Archer



Sizzling July Birthday wishes to Robert Algera, Tony Aris, Susan Bhuller, Pam Derreberry, Albert Desoiza, Sandra Frame, Lynn LeHuray, Peggy Pope, Doris Schluter, and Barbara Smith

## Sunshine Report – Carolyn Durphy

A get-well card was sent to Ann Wood in June. I trust the rest of you have all been well this past month. Again, please let me know if someone needs cheering up. It is so nice to receive a card letting us know that we are being thought about.



## Muscle Pain and Statins – Sandie Frame

My doctors prescribed a statin to improve my cholesterol, but I've read that statins can cause muscle pain and I've noticed my muscles feel sore since I started the drug. What can I do?

Answer: Most importantly, you shouldn't stop taking a statin unless you've been advised to do so by a health care provider. Statins lower the risk of heart attacks and strokes in people with high cholesterol. The drugs work by blocking an enzyme that your liver uses to make cholesterol. Statins also reduce inflammation and have been shown to extend life.

Most people don't have side effects from taking statins. But rarely, statins can cause muscle pain or damage (a side effect called statin myopathy). People with statin myopathy may feel sore, tired, or weak in their muscles. Symptoms are often mild but may be severe enough to impact daily life.

However, most muscle soreness coinciding with taking a statin isn't statin myopathy. It's been shown that people on statins report muscle pain at higher rates than occur in research studies because they've heard that the side effect is possible. Also, if you recently started an exercise routine or used your body more than usual, your pain could be from increasing the amount or intensity of physical activity.

Still, if you think your muscle pain is related to the statin, talk to your health care provider. Another drug could be interacting with the statin to cause muscle pain, so be sure your care team has a complete list of your medications and supplements. Your provider may recommend stopping your statin therapy for a short time to see if your symptoms improve. It can also help to check your levels of vitamin D, thyroid hormones, and coenzyme Q10, an antioxidant produced by the body that can be lower in people who take statins. These factors increase the risk of statin myopathy and addressing any low levels can improve tolerance to statins.

If your symptoms appear to be related to the statin and the pain outweighs the benefits of the drug, your provider might prescribe a lower dose or a different statin. Sometimes different agents are better tolerated, and the metabolization of these drugs varies. Or, sometimes, a different type of medication to lower cholesterol could be considered. However, these drugs are generally not as effective as statins at lowering cholesterol.

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