

PERSPECTIVES

January 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

A New Year; Oh, can it be?



I'm writing this note in a state of shock realizing we are close to entering a new year. I think

there is something to be said for the quote ***"Time flies when you're having fun"***.

It was a great year and our club can be proud of our accomplishments. We finished the year merrily at our annual Christmas Luncheon. The food was excellent, desserts were scrumptious and spending the time with our chapter family was special. Also, we took the opportunity to recognize several charities who do so much for our community. We were also blessed by the wonderful music of the **"Voices"** who did an outstanding job.

I would like to take this opportunity to thank our outgoing Directors, Joan Albertella, Norma Ervin and

Ed Rowan for their tremendous service. I would also like to take this opportunity to welcome our new Directors, Judy Schrage, Karen Kovarik and Greg Stoner. I look forward to another highly successful year for our chapter.

A special "Thank You" to Ann Wood, Alice Grgas, Dave Kraus and Marianne Kraus for the work they do behind the scenes. They are in early and last to leave at each Meeting, Picnic and Christmas Luncheon to insure we have coffee, snacks and a good time for all in attendance.

Let me leave you with this

"My Happy New Year wish for you,

Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many
more".

God Bless, and thanks for all you do!

JANUARY MEETING
Program at AARP 5239

By Madeline Salustri, AARP publicity chair



Meet K-9 officer at AARP 5239

Ryan Brown, K-9 handler, joins Locust Grove AARP 5239 on January 21, to discuss his career as a law enforcement officer. He will discuss his current experiences as a K-9 handler

Officer Brown works out of the Orange County Sheriff's office. He worked seven years as a law enforcement officer, then specialized as an investigator for one year before devoting the last three years to a career in K-9 handling.

His most informative presentation includes facts about the maintrailing bloodhound and how the bloodhound is utilized by law enforcement.

Join us at on Monday, January 21 at the Community Center at 9:30 am for fellowship and breakfast treats. The meeting begins at 10:00 am. For further information please call Larry Eiben at 540 840 5648.

MEDICAL NEWS
By Sandi Frame

Maintaining Your Oral Health

If you read last month's article, taking care of your mouth, teeth and gums is necessary for your overall health. Older adults have the highest percentage of gum (periodontal) disease, tooth loss, and oral cancer of any age group. Why? Reasons are complex however contributing factors include:

- Changes in dexterity or grip strength or health conditions, such as arthritis, making it tougher to hold a toothbrush or dental floss.
- Use of certain medications that cause dry mouth, which decreases saliva output that can hastens tooth decay and other infections.
- Inability to visit the dentist.

The following are tips to help maintain your oral health:

- Continue to brush your teeth at least twice a day and floss once a day. If holding a standard toothbrush handle is hard, consider switching to a child sized or electric toothbrush, which have bigger handles. Or, modify your toothbrush handle with a tennis ball or foam tube to make it easier to hold. If holding floss is a challenge, consider using disposable floss picks or a water flossing device.
- Since the foam created by toothpaste can cause choking and if it is difficult for you to spit, consider using a smaller amount of toothpaste.

Also consider including a non-alcoholic fluoride rinse in your brushing routine.

Prevent dry mouth. If this is caused by the medicines you take, talk to your doctor about alternative options. Consider chewing sugar free gum or mints which may help increase your saliva production, drink plenty of water, don't smoke, and limit alcohol use.

If you have dentures, keep them clean by brushing them daily with a denture-care product and soaking them at night. Tell your doctor or dentist if they change how they fit in your mouth which might be an indication that they need to be adjusted.

- See a dentist regularly, even if you wear dentures. Only a dentist can diagnose certain conditions, such as periodontitis and oral cancer. If dental -care seems too costly, visit the website listed below for strategies on finding low-cost dental care.

<https://www.toothwidsom.org/care/>

Source: Women's Health Initiative Newsletter 2018 - 2019



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.



by Joan Albertella

Get -Well cards were sent to Dick Durphy, Vi Liberti, Bobbie Prees

Sympathy Cards were sent to Frank Jacobeen on passing of Marion Jacobeen

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

JANUARY BIRTHDAYS



Joan Albertella, Elizabeth Arndt
 Raymond Arndt, Billy Bearden
 Richard Bergmann, Suzanne Bielmeier
 Maryanne Bolgert, Katherine Causby
 Jane Gullickson, Carol Hein
 Angelo Laviano, Toby Musatow
 Alice Quattromani, Frances Spencer
 Carolyn Spero, Marlene Wareham
 Bill Wemmerus

TOURS AND TRAVEL



Myrtle Beach Show Trip and Charleston, SC.

By Pierre Payette

5 days-4 nights
Mon-Fri April 8 - 12.
\$599 per person dbl occupancy.

4 days 3 nights in Myrtle Beach, and 1 night and 1 day in Charleston. See 2 evening shows, 1 daytime show, visit Barefoot Landing for shopping, and visit a Living History Farm. In Charleston, relax on a harbor cruise. Includes Motorcoach transportation, 4 nights lodging, 3 shows, 4 Breakfasts and 4 Dinners, admission fees to specified activities.

Time is short ! Final payments are payable prior to the end of January

Call Pierre Payette at 540-972-0519, or 540-226-2871. email at: pierre114@verizon.net



Trip to Opryland in Nashville, Tn.

By Pierre Payette

Recently, 38 people enjoyed themselves on a trip to Opryland in Nashville Tn. The hotel was adorned in all of its holiday splendor and was spectacular. There are several Atriums, and we stayed in The Cascades. There are 2,888 rooms, and they were all booked. The group attended the Trace Adkins Christmas Dinner Show, as well as Cirque Holiday, and the sculptured Ice Show, which featured How the Grinch Stole Christmas. We also all rode the flat bottom Delta Boats within the Delta Pavilion. There are a few pictures on the AARP 5239 website for your enjoyment



Casino Magic Connecticut

By Pierre Payette

3 days - 2 nights
Tues - Thurs May 21 - 23
\$339 per person dbl occupancy

2 nights lodging at Great Cedar Hotel in Foxwoods Casino Complex. Foxwoods Casino is the largest casino in the world and includes 6 casinos with over 7000 slots and almost 400 table games. Bonus package at Foxwoods includes \$35 meal voucher and \$20 slot play. Also visit Mohegan Sun Casino and receive a bonus package of a meal voucher and cash bonus.

Includes motorcoach transportation, 2 nights lodging, meal vouchers, free slot play and all taxes and gratuities.

Call Pierre Payette at 540-972-0519, or 540-226-2871. email at: pierre114@verizon.net \$25 deposit at sign-up.



2019 PHILADELPHIA FLOWER SHOW

MARCH 5-6, 2019

By Barbara Ehlen

ROUNDRIP MOTORCOACH TRANSPORTATION * * ONE NIGHT ACCOMMODATION AT THE HILTON GARDEN INN * * FULL AMERICAN BREAKFAST * * ADMISSION TO THE PHILADELPHIA FLOWER SHOW ADMISSION TO LONGWOOD GARDENS, KENNETT SQUARE , PA GRATUITIES FOR DRIVER

PRICE PER PERSON: \$337.00 DBL
\$307.00 TPL \$294.00 QUAD
\$437.00 SGL

DEPOSIT: \$50.00 secures your trip
Make checks payable to
Ship to Shore Tours

Cancellation Policy: Within 30 days price of tickets Within 14 days 50%
Within 7 days non-refundable

For Additional Information Call:
Barbara Ehlen Ship to Shore Tours
100 Woodlawn Trail Locust Grove,
VA 22508 (540) 972 4651

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

www.aarp5239.org

This Month's Meeting: January 21, 2019
Community Center 9:30

Next Month's Meeting: February 18, 2019
Great Hall, Clubhouse 9:30



The Power to Make it Better

OFFICERS

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