



PERSPECTIVES - MARCH 2021

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

A Happy St. Patty's day to you all. I am writing this on the last Thursday of February and it is a beautiful, sunny day and almost 60 degrees! Rain is coming so keep the umbrellas handy.

I (Carolyn) had my first COVID shot on February 4th and am getting my second shot on March 4th. It is done at the Germanna College in Culpeper and run very smoothly and efficiently. I was in and out in half an hour. The personnel working there are very nice and have the procedure down pat. Cannot say enough for them. I hope by now most of you have had your first shot or are on the list to get it. Just have patience as all the volunteers are doing everything they can to get everyone vaccinated.

COMMUNICATING THROUGH EMAIL – Carolyn & Pam

If you need to communicate via email with either of us, please do not use the chapter yahoo address. Our yahoo account is not a reliable venue, other than sending out the newsletter and blasts. When you respond to one of those it often is not seen in a timely matter, if at all. Sometimes these messages even wind up in the trash and we can't seem to get around this problem.

Carolyn's email: dolph1nlvr@msn.com

Pam's email: archers0526@gmail.com

TRAVEL – “CHRISTMAS IN THE SMOKIES” – Pierre Payette

I will be doing a “Christmas in the Smokies” From December 6th through the 9th at the end of this year. The cost will be \$599 double occupancy, 4 days and 3 nights, 3 dinners, and 4 shows. There will be visits to Dollywood, Christ in the Smokies, and Old Smoky Moonshine Distillery. Call me at 540-972-0519 or e-mail me pierre114@verizon.net. I already have had 10 people sign up and have paid their \$25 deposit. In another month or so I will open the trip to the general Public.

Again, I am also asking for suggestions for “Day Trips” and also volunteer helpers.

LOW FIRE AND RESCUE 50TH ANNIVERSARY - Ryan Harvey

Just a quick update on the 50th anniversary. The event that was planned for the fall has been cancelled and is being rescheduled to the spring of 2022. There will be a members and family event on August 27, 2021. More to come on that. Also, I am looking for old or new pictures of our department. If you have any, please get with me so we can use them on memory boards for the event. if you have any questions please feel free to contact me at rharvey1332@gmail.com.

COVID-19 - Sandie Frame

I know we are all tired of hearing about COVID however the good news is the vaccine is being distributed and most of us are in the eligible age range for getting it. If you have not already had the vaccine let me assure you that it is almost painless. Lee and I received our second dose on Friday. We had been told that we might after side effects like being achy, tired and sore. Both times the injected arm was mildly sore to the touch, but we experienced no side effects in these first two days after the second shot.

If you are not signed-up, please do so. You can call the local health department (Rapidan-Rappahannock’s phone number is 540-308-6072) for instructions or to check status. The first call for our first dose came from the Health Department however many volunteers are making the calls so the number will not identify a caller. That means you have to answer the phone and not ignore as scam until you have had both doses (or if it the Johnson and Johnson vaccine the only dose). If you are at all hesitant about receiving the vaccine please do not be. If you have a condition that you believe makes you not safe to get the vaccine, check with your doctor. There are very few reasons or conditions that would prohibit you from getting the vaccine. I have read as many of the studies that I could find and believe that the vaccine is safe and effective for most. None are 100% but the odds are in your favor. If nothing else, it would make anyone getting COVID less ill.

There are so many things that you can do with your computer, smart phone and/or internet connection. If you want to learn about some of the ways to utilize these devices there are three websites that offer instruction:

Seniorplanet.org: They offer a variety of online courses and a hotline you can call if you have a specific technology question.

Techboomers.com: There are over 100 free how to courses and organized by are of interest, including shopping, entertainment, social media and technology basics.

Learn.aarp.org: Supported by the AASRP their learning library has a number of technology related tools as were as resources on other topics relevant to older adults.

MARCH BIRTHDAYS – Pam Archer

May the luck of the Irish be with our March birthdays: Gordon Bentz, Frank Buttimer, Robyn Chewning, Connie Connon, Gina Davies, Jeanette Embrey, Peggy Grella, Thomas Hamilton, Joyce Haring, Mary Hoffman, Lee Huminik, Alita Irby, Marianne Kraus, Bill Lanier, Violet Liberti, Maurice Moody, Sharon Montie, Pamela Nalls, Joe Nolan, Phyllis Pulice, Elizabeth Scheuermann, Gary Sibley, Sue Simmons, Gail Stoner, Gerald Young

AARP CHAPTER DUES –

Thanks to all of you who have sent in your dues for 2021 and even 2020. They will be put to good use! We have one new member, Sandy Wilson. Welcome Sandy!

TAX AIDE – Lew Sherman & Pam Archer

As some of you may have discovered, appointments for free tax preparation through the AARP Tax-Aide division, a part of AARP Foundation, filled up very quickly. If you have already received your tax packet but have not made an appointment yet, please call the appointment number **(540)268-8837** as soon as possible. You need to listen to the entire message and at the end after the beep leave your name and phone number, stating you have a packet and need to make an appointment.

Through some scheduling adjustments we have been able to add a limited amount of additional spots. If you have not been able to make an appointment or acquire a tax packet you may call the number listed above requesting such. You need to do this as soon as possible and by Wednesday, March 3, at the latest. We are sorry that circumstances have restricted our appointment availability.

TEE SHIRT SAYINGS FOR SENIORS

1. I thought growing old would take longer.
2. When I was a kid, I wanted to be older...this crap is not what I expected.
3. The best thing about the good old days was that I wasn't good and I wasn't old.
4. To me "Drink Responsibly" means don't spill it.
5. Pubs. The official sunblock of Ireland.
6. Jesus loves you...But I'm his favorite.
7. My wife says I only have 2 faults. I do not listen and something else.
8. My body is a temple – Ancient and crumbling – Probably cursed or haunted.
9. I'm so busy I don't know whether I found a rope or lost my horse.
10. You are about to exceed the limits of my medication.
11. I am who I am...Your approval isn't needed.
12. Buy the shoes – No point in being the richest one in the cemetery.

13. Scientists say the universe is made up of protons, neutrons, and electrons. They forgot to mention morons.

14. Today I was a hero! I rescued some beer that was trapped in a bottle.

LASTLY – Daylight Savings Time starts on Sunday, March 14th. Don't forget to set your clocks AHEAD!!

