

PERSPECTIVES

AUGUST 2018

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

True Happiness is Helping Others

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." Bottom line, giving back is as good for you as it is for those you are helping, because giving gives you purpose. By the latest count, we are 245 members strong which provides us the opportunity to help many of our neighbors in need.

Over the next several months there will be several opportunities to help, some which can be accomplished by eating a hardy lunch or dinner. I have outlined below the events that will require your assistance:

- How sweet it is, you can help out many of our local charities by having lunch or dinner at Bella Cucina on **August 28**. Our chapter will receive a percentage of all transactions that day. As you know, all funds raised by our group are given to local charities at our annual Christmas gathering.
- Our annual Food Bank Drive will cover two days this year. On September 8th at the LOW front gate and September 14th at WALMART. A schedule will be posted at the next meeting so please, we need your support, to help those in need.
- We will be joining the State AARP on Tuesday, October 2, 9 AM – 1PM, at a table supporting "The Art of Aging Expo" which will be held at Germanna Daniel Technology Center, 18121 Technology Drive, Culpeper. Our objective, of course, will be membership and I anticipate needing 3 folks in 2 hour increments (9 – 11AM & 11AM to 1PM).
- A Medicare Workshop will be held on October 10, 1:00 PM to 4:00 PM, LOW Clubhouse. We will need volunteers to help that day to insure a smooth program and hopefully sign up some new members. This will be an exceptional program that you won't want to miss. Spread the word on the programs value and make plans to drive those neighbors who may need a ride. I know the neighbors will truly appreciate your support.
- Our annual Election Day Chicken BBQ will be held on November 6th at the **COMMUNITY CENTER**. We are already working on this program and will continue to update you on the status. As you know this is our largest fundraiser and we will need lots of

support in both selling the tickets and working the event.

We have a busy schedule ahead of us but I'm extremely confident we can accomplish these tasks. Our motto has always been "To Serve, not to be Served" and I am proud of all our accomplishments to date. Thank you for all you do and I leave you with this; **"Those who are the happiest are those who do the most for others"**.

AUGUST MEETING

Program at AARP 5239

By Madeline Salustri, Publicity Chair



AARP Hot Topics: Fraud, Identity Theft, Safety, Social Security

Yes, those are universal concerns, and can be major problems for seniors. On Monday, August 20, Locust Grove AARP 5239 welcomes Genéa Luck, Associate State Director of Multicultural Outreach for the AARP Virginia State Office as speaker.

Ms. Luck will share latest information on the following topics: *Modify Your Home for Comfort and Safety*, *Protect Yourself from Fraud and Identity Theft*, and *Social Security: Understanding Your Benefits*—all of vital importance to seniors.

Ms. Luck delivers community based workshops for the 50+ populations across the Commonwealth. She is charged with

developing stronger community based engagements to provide insight to all the unique offerings of the AARP.

AARP's 2018 National legislative goals are focused on protecting and strengthening Medicare and other health care benefits, supporting family caregivers, maximizing the independence of older adults, helping people who are 50 and older to lead healthier lives, securing Social Security long-term solvency and adequacy, improving retirement income security, and ensuring that individuals of all ages have the financial resilience to take control of their retirement.

This is a meeting not to be missed, where current information often hard to find will be presented. Join AARP at 9:30 am for morning snacks and fellowship. The meeting begins at 10 am. For further information contact Larry Eiben at 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.



FUND RAISING OPPORTUNITY

By Norma Ervin
Fund Raising Committee

**SUPPORT LOCAL
CHARITIES
DINE AT BELLA CUCINA
ON AUGUST 28, 2018
LUNCH OR DINNER
PERCENTAGE OF
PROCEEDS
WILL BE DONATED
TO LOCUST GROVE AARP
COUPONS NOT NEEDED**



THE LIONS FOOD PANTRY

By Norma Ervin
Chairman Food Drive

Please remember that we collect food at each meeting for our community. Our local Wilderness Food Pantry serves many families who need assistance with meals. Especially needed items are—peanut butter and jelly, canned pasta, cereal and fruit cups. All types of boxed

dinners and canned meats are always needed. If you wish to donate money cash will be collected or checks should be written to Wilderness Food Bank with AARP on the memo line. Thank you for all your support for our community needs.

**HEADS UP! FOOD DRIVE
SCHEDULED FOR SEPTEMBER 8**

By Norma Ervin
Chairman Food Drive

On Saturday September 8, LOW AARP will hold its annual Food Drive to benefit the Wilderness Food Pantry. Our chapter has a great history of donating to this worthy cause; this year should not be any different. Volunteers are needed 9 a.m. until noon at the drop-off point across from the front gate.

Items gladly accepted are peanut butter, jelly, “helpers” and other meal makers, canned meats (spam-hash, tuna, stew and chili), canned beans of all sorts; canned veggies (peas, beets,, mixed vegetables) pasta sauce,, CEREAL (ALWAYS NEED LOTS OF CEREAL) sides (box potato and pasta) soups (chicken noodle is a favorite – but cream soups can help make a meal), dry pasta, condiments such as catsup, mustard and mayo. Checks made to Wilderness Food Pantry or cash will also be collected.

We're adding Walmart as a collection point again this year on Friday, September 14 and volunteers will be needed to work there from 9 a.m. until 3 p.m. There will be a sign-up sheet at our August meeting. PLEASE call me with questions and to add your name to the work list. (Norma Ervin 972- 0652)



**Be Informed: Know Your Medicare
Workshop at the Lake!**

by Madeline Salustri

Are you among the 60 million Americans who are recipients of Medicare benefits? Or perhaps you are among the many who will become members of Medicare in the future. Even if you are never a Medicare recipient, there is an unprecedented opportunity to become informed about Medicare, including its provisions, changes and even its “mysteries.” VALUBLE and ACCURATE information will be offered by Medicare experts. Representatives of the Virginia State AARP and the Rappahannock Rapidan Community Services Board will give the presentations.

The workshop is presented through the joint sponsorship of Locust Grove AARP 5239 and LOWLINC. The meeting will take place in the Great Room of the Lake of the Woods Clubhouse on Wednesday, October 10 from 1 until 4pm. Seating is limited and registration is required.

There is no cost for the workshop and free tickets will be available beginning August 24 at www.lowlinc.org. It is our time to be informed! For more information, email lowlinc.communications@gmail.com. Further details will be forthcoming on both the LOWLINC and AARP (www.aarp5239.org) websites and in future issues of Lake Currents.

MEDICAL NEWS

By Sandi Frame

Men, too much sugar may be bad for your mood, suggest a British study published in *Scientific Reports*. This study followed the diets and health of 8000 people, none of whom were being treated for mental illness at the start of the study. Compared to men who consumed the least sugar (less than 40 grams a day (the amount found in one 12 oz. can of soda), from sweets such as cake, candy or ice cream and sugary beverages men who consumed the most sugar (more than 67 grams a day) were 23 percent more likely to be diagnosed with depressive symptoms over a five year period. No association was seen in a women, however, perhaps because of their smaller number in the study, gender differences in depression, pathology or chance.

To add to the above, More than 110 million U.S. adults now have diabetes or prediabetes according to a CDC report. Of the 30 million adults with diabetes, it's estimated that anywhere from 11 to 24 percent of cases are undiagnosed. About 85 percent of all cases are type 2 diabetes, the rest type 1 (previously known as juvenile diabetes) of the 84 million adults who have prediabetes, only about one in ten know it. Prediabetes which is characterized by moderately high levels of blood sugar, often progresses to type 2 diabetes, though this may be prevented by diet, exercise, and loss of excess body weight.

Source for both: University of California, Berkeley *Wellness Letter*, June, 2018

Overview of the Guardian Alert 911
By Tony Aris

The Guardian Alert 911 is a tiny cordless speaker phone, small enough to be worn around your neck. It is smaller than most cell phones.

By pressing a single button, the Guardian Alert 911 automatically dials the universal 911 emergency number. You will then be able to speak directly to the 911 operator about your emergency. There is no need to register the product. Simply install it according to the directions included and your Guardian Alert 911 is ready.

It has about 600 feet line of sight range from the base which would cover your home and yard.

It will come with a small docking station in which the pendant will be charged. When charged, you will then be able to remove pendant from charger and carry with you.

All you need is a phone jack and an electric outlet. At completion of set-up, you will test the system by pressing test button on pendant. A call to 911 operator will confirm your name and phone number. You are now ready to use your Guardian 911.

The system is supplied by the TRIAD at the Sheriff's Office. A donation of one hundred dollars is requested for the unit.

If you are interested or know someone who is interested, Please give me a call . Tony Aris 972-2016 and I will deliver the Guardian 911 and set it up for you. This system could be a life saver when an emergency occurs.



The OC Animal Shelter needs the following items: towels, blankets, canned cat and dog food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes.

AUGUST BIRTHDAYS



David Bowles, Anne Boyd
Helen Brewer, Gerlinde Carmona
Judy Chess, Alice Clune
John Connon, Jim Danoy
Carleen Delio, Larry Ervin,
Allie Felder, Lee Frame
Lynn Hein, John Hughes
Martha Keys, Connie LeMay
Marilyn McKay, Vera Moody
Jerry Mueller, Jim Oldham
Mike Pulice, Mildred Russinko
Ralph Scheuermann
James Shorten, Emily Slunt
Annett Tingler, Lisa Ward



by Joan Albertella

Get well cards were sent to Dick Durphy, Peggy Powell, Dick Bradie and Frank Liberti.

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



Virginia Recreation & Park Society

An Affiliate of the National Recreation and Park Association

Virginia Senior Games

By Skip Poole

The *Virginia Senior Games* is an annual athletic event held each spring in Richmond, Virginia. The event is sponsored by the Virginia Recreation & Park Society (VRPS) and offers competition in more than 21 sports for participants, both men and women, aged 50+. Events include the non-athletic as well as the athletic to accommodate all skill levels and to promote an atmosphere of competition and fun. Participants compete with others in their 5-year age groups, such as the 75-to-79 year-olds, or the 80-to-84 year-olds.

2018 was the 40th anniversary of these games held in Virginia. In May, 1,300 senior athletes from across the state gathered at a Henrico County high school over the May 18 weekend to compete in sports such as archery, badminton, basketball, billiards, bowling, cycling, golf, horseshoes, pickle ball, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track & field, and volleyball. Medals are awarded to 1st, 2nd, and 3rd-place finishers.

This past May, I competed in the men's shot put in the 80-to-84 age group. I registered online in December 2017, purchased my shot put online in January, began a relevant exercise regimen in February, and for weeks, practiced throwing the shot put in my driveway. My wife and I stayed overnight in Henrico the night before my event, and were on time the next day at the JR Tucker High School track field for my 2:30 pm event start.

It is a fun experience, and if you are so inclined athletically, I encourage you to consider competing, either individually or as a team with friends, in the 2019 games.

Watch for information about the 2019 games on the VRPS website www.vrps.com.



AARP Smart Driver Class will be on Monday, August 20, 2018 from 9 – 5 pm in Sweetbriar Community Center, classroom 1. Refresh your driving skills and receive an insurance discount good for 3 years. The cost is \$15 for national AARP members and \$20 for non-members. Checks should be made payable to AARP. To register call Lion Elaine Cook at 1-703-309-4810 (cell) or email to Elaine@olderandbolder.net. The LOW Lions host this class. Please bring your lunch. Lite refreshments will be provided.

Trips and Tours

Blue Ridge Mountains Fall Foliage Drive Wednesday, October 17, 2018

Enjoy a 35 mile adventure on Skyline drive, stop at a scenic overlook, lunch at Big Meadows Lodge plus stop at winery on ride by home.

Price \$84 -extra charge for wine tasting. Payment due to confirm reservation- Make check payable to Ship to Shore Tours
Refund policy – 7 days prior to departure.

(See contact info on next page)

White House Holiday Tour

Date to be confirmed by White House 14 days prior. Requested dates are December 14, 18,19,20, 2018. Exact name as shown on gov't ID, date &place of birth, citizenship and SS# are required to be sent in for approval.

Includes tour of White House in all its Holiday Splendor, visit to The U.S. Capital or U.S. Botanic Garden.

Price \$56--Need Name, phone and email to hold

For Blue Ridge and White House tours contact :

**Barbara Ehlen
Ship to Shore Tours
100 Woodlawn Trail
Locust Grove, VA 22508
PH#(540) 972-4651
wisecruiser@hotmail.com**



**See the Nationals Play Ball!
Baseball Trip Sept. 22, 2018**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, Sept. 22, and the opponent is the New York Mets. The game starts at 4:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 1:15.

The trip is open to the entire LOW community. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. **Your reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment.** Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Mail or give your checks to John Trach (104 Constitution Dr.), Nick Duy (606 Cornwallis Ave.), or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)). World Series or bust!

**AARP CHAPTER 5239
FINANCIAL REPORT**

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	TOTAL
INCOME								
50/50 Raffle	\$62.00	\$63.00	\$47.00	\$55.00	\$65.00	\$53.00	\$52.00	\$397.00
Auction	\$0.00	\$72.00	\$36.00	\$45.00	\$38.00	\$0.00	\$41.00	\$232.00
Chapter Dues	\$563.00	\$164.00	\$204.00	\$110.00	\$570.00	\$244.00	\$110.00	\$1,965.00
Coffee Fund	\$27.00	\$24.05	\$14.95	\$32.00	\$16.00	\$0.00	\$17.00	\$131.00
Name Badges	\$12.00	\$0.00	\$6.00	\$18.00	\$0.00	\$18.00	\$6.00	\$60.00
Miscellaneous	\$50.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$826.00	\$876.00
Tours & Trips	\$1,571.00	\$12,181.00	\$3,115.00	\$1,100.00	\$1,407.60	\$75.00	\$2,622.00	\$22,071.60
TOTAL INCOME	\$2,285.00	\$12,504.05	\$3,422.95	\$1,360.00	\$2,096.60	\$390.00	\$3,674.00	\$25,732.60
EXPENSES								
Administration	\$11.39	\$0.00	\$0.00	\$0.00	\$72.00	\$97.61	\$23.92	\$204.92
Election Day Expense	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00	\$50.00
Gifts & Donations	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$260.92	\$0.00	\$260.92
Insurance	\$0.00	\$0.00	\$0.00	\$0.00	\$102.00	\$0.00	\$0.00	\$102.00
Meeting Expenses	\$0.00	\$0.00	\$0.00	\$62.34	\$0.00	\$0.00	\$41.94	\$104.28
Name Badges Expenses	\$15.80	\$0.00	\$0.00	\$31.59	\$0.00	\$0.00	\$21.06	\$68.45
News Letter/Web Site	\$0.00	\$0.00	\$164.05	\$75.41	\$0.00	\$0.00	\$0.00	\$239.46
Other-Misc Expenses	\$0.00	\$15.00	\$0.00	\$0.00	\$30.00	\$0.00	\$0.00	\$45.00
Social Events	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$66.00	\$269.54	\$335.54
Tours & Trips Expense	\$1,150.00	\$12,695.00	\$275.00	\$2,640.00	\$150.00	\$1,250.00	\$125.00	\$18,285.00
TOTAL EXPENSES	\$1,177.19	\$12,710.00	\$439.05	\$2,809.34	\$354.00	\$1,674.53	\$531.46	\$19,695.57
BALANCE	\$1,107.81	-\$205.95	\$2,983.90	-\$1,449.34	\$1,742.60	-\$1,284.53	\$3,142.54	\$6,037.03
AARP CHECKING								
Balance Beginning	\$2,870.45	\$3,978.26	\$3,772.31	\$6,756.21	\$5,306.87	\$7,049.47	\$5,764.94	\$5,764.94
Income	\$2,285.00	\$12,504.05	\$3,422.95	\$1,360.00	\$2,096.60	\$390.00	\$3,674.00	\$3,674.00
Expenses	-\$1,177.19	-\$12,710.00	-\$439.05	-\$2,809.34	-\$354.00	-\$1,674.53	-\$531.46	-\$531.46
Balance End	\$3,978.26	\$3,772.31	\$6,756.21	\$5,306.87	\$7,049.47	\$5,764.94	\$8,907.48	\$8,907.48
PETTY CASH	\$114.00	\$114.00	\$114.00	\$114.00	\$114.00	\$114.00	\$120.00	\$120.00
AARP SAVINGS	\$1,097.08	\$1,097.16	\$1,097.25	\$1,097.34	\$1,097.43	\$1,097.52	\$1,097.61	\$1,097.61
TOTAL FUNDS	\$5,189.34	\$4,983.47	\$7,967.46	\$6,518.21	\$8,260.90	\$6,976.46	\$10,125.09	\$10,125.09

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

www.aarp5239.org
This Month's Meeting: August 20, 2018
Great Hall, Clubhouse 9:30

Next Month's Meeting: September 17, 2018
Great Hall, Clubhouse 9:30



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryeiben@gmail.com
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Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
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Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Past President	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	dolph1nlvr@msn.com

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Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryeiben@gmail.com
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Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills Road	571-334-4913	Krausman369@gmail.com
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Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com