



PERSPECTIVES - DECEMBER 2021

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

It's beginning to look a lot like Christmas! People are getting their outside decorations up early this year. I have most of the house inside done. As usual having to get all the lights on the artificial pre-lit tree to light up is a chore!!

I am getting my suitcase pack for our trip to "Christmas in the Smokies". Saying prayers that we will have good weather and a safe drive there and back. The first time I have been on a trip like this in some time.

Just listened to a report on TV from our President urging everyone to get their booster shots. Another thing I heard was that we should take a photograph of the shot card with the dates on it to keep with us and leave the original at home. Sounds like a good plan to me. Another suggestion is to keep a list of all drugs we take and all medical issues. I keep a sheet with all my meds and all operations, hospital visits, mammograms, etc.

FYI – The LOW Church is having a Remembrance service this Sunday, Dec 5, at 4 pm for all of its members who have passed in the last 5 years, including Madeline and Alex Salustri. The family is still planning a memorial service in the future.

Another Twist on Scamming – Joan Albertella

This is an excerpt from the Monday, November 22nd Free Lance-Star. It is reported that 1 in 4 military consumers have been scammed in 2020. Military consumers are up against impostors, online shopping, prize or sweepstakes, and travel and timeshares, according to the top 4 listed by the FTC (Federal Trade Commission). This is targeted to get military ID and personal information. Nearly half of those surveyed reported erroneously signing over the U.S. Department of Veterans Affairs pension or disability benefits. They were promised huge sums of lump payouts for benefits because some are dealing with a significant financial loss, juggling a sizable amount of debt or going through an illness. Guess what, the payment never comes and the scammer has all their personal information. There is a list of warning signs in this article to indicate that you are being scammed. **Bottom line, never give out information over the phone to someone that you don't know!**



December Birthdays – Pam Archer

Joyous December Birthday greetings to Garry Archer, Judith Ayers, Karen Cakouros, Donna Crawley, Timothy Edwards, Robert Haring, Jackie Hill, Mark Leach, Hank Lewis, Michael Montie, Ed Rowan, Gail Sauro, Diane Sibley, Joseph Wascalus, Sandy Wilson, and Elaine Witcher.

Sunshine Report – Vi Liberti

If you know of any of our members that we should send a get well, thinking of you, or sympathy card, please be sure to contact VI with that information

Fish Oil? – Sandie Frame

Question: Should one take fish oil to help lower triglycerides?

Answer: Fish oil provides the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) which your body cannot produce on its own. There is strong evidence that these unsaturated fats can significantly reduce triglyceride levels – up to 30% according to some studies – primarily by reducing the amount of very low-density lipoprotein cholesterol your liver makes. This in high amounts is linked to plaque deposits on artery walls which makes narrowing and restricts blood flow.

To what extent DH and EPA can help lower triglycerides depends on dosing. High dose supplements of 3 to 4 grams per day provide greater benefit than either lower supplement doses or DHA and EPA obtained through food.

Before starting any supplement, speak with your health care provider first. The Food and Drug Administration (FDA) advises most people not to exceed 3 grams a day of EPA and DHA combined with up to 2 grams a day from dietary supplements. Higher dose fish oil supplements are best taken only with guidance from your doctor, as they may possibly increase the risk of atrial fibrillation. Higher dose fish oil can also interfere with certain drugs such as those taken to prevent blood clotting, to lower blood pressure and to promote weight loss. If you are undergoing a procedure soon, discuss with your doctor the need to stop taking fish oil beforehand as it may increase bleeding risk.

While generally considered safe, fish oil supplements do have some possible drawbacks. They can cause mild side effects such as: A fishy aftertaste after a burp; bad breath; Heartburn, nausea or diarrhea; or a rash.

It's important to note that the FDA does not strictly regulate supplements, so the quality and amount of EPA and DHA in nonprescription supplements can vary. Prescription fish oil capsules also are available.

Finally: Exercising is another way to lower triglycerides, as muscles in the body use triglycerides as an energy source. Cutting down on refined carbohydrates such as white bread, white rice and white pasta, as well as sugar sweetened beverages and alcohol also can help.

Source: Mayo Clinic Health Letter Volume 28, number 12, December 2021

Tours and Travel - Pierre Payette

I am planning another trip, PROVIDING that the Chapter is up and running, and has valid insurance in place, to the Amish country and Sight and Sounds Theater, which will be presenting "DAVID."

May 2nd - May 4th, 2022. Price will be right around \$525 per person for double occupancy; 3 days, 2 nights; includes 2 breakfasts and 2 dinners – including a "family style" dinner & a smorgasbord dinner. It will include a performance of "DAVID" at the Sight and Sound Theater; a guided tour of the Amish countryside, including an Amish Bake Shop, Amish Craft Farm, Miniature Horse Farm & Country Store; and Kitchen Kettle Village.

Also in the planning stages is a trip the first week in December 2022, to Christmas at the Biltmore in Ashville, NC. This will feature a candlelight tour of the mansion and will cost around \$700.

AARP Tax-Aide Program – Pam Archer

Plans are shaping up for the upcoming tax season. As in the past, we will be utilizing the lower-level Clubhouse and hope to begin assisting taxpayers in early February. Watch for additional information to be released in January 2022.

And our warmest wishes to all of you for a very Merry Christmas, Happy Hanukkah and Happy Kwanzaa. May your 2022 be filled with peace, joy and good health!

-Carolyn and Pam





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