



PERSPECTIVES - AUGUST 2021

Carolyn Durphy – President &
Pam Archer – Membership

Happy August to you all. How nice it was to be able to get together again last month. Sgt Ron Kesner of the Orange County Sheriff's office and TRIAD gave a great talk about all the scams going around. It is amazing how easily one can be "lured in" to their schemes!

That being said, I am sad to have to announce that **until further notice, we will not be having any in-person meetings**. We had received the notice from national AARP office that we could not have a meeting in person of more than 6 people. Then the announcement came out in the news that there is a new variant that is affecting the population. I have heard that Quantico and Walmart are again requiring all people entering the building to wear masks. Also, have heard from some of our members that they are also concerned and uncomfortable getting together in large groups. Never in my wildest dreams did I think I would be having to make these kind of decisions when I took over this office again!

Of course with a suspension of meetings this does drastically affect our funds that we use for supporting our community charities. We appreciate all of your support for our fundraisers but with further ones in question and no Election Day Barbeque once again we will find ourselves very limited as to which organizations we are able to contribute to. We recognize that you may not feel like you are receiving much from your annual chapter dues during this pandemic but these dues are about

all we have left to help support our end-of-year donations and our required registrations, fees, etc.

If we want to continue to support these worthy groups **we desperately need your help in paying up your dues.** Many of you have already done so and we thank you for that. For those of you who may have forgotten or usually pay up at our monthly meetings we are asking that you please send your dues for 2021 (and 2020 if you could) to our mailbox at:

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

If you are not sure if your dues are paid up you may email Pam Archer at archers0526@gmail.com or contact Joe McEuen.



August Birthdays – Pam Archer

Warmest Birthday wishes to memers Anne Boyd, Helen Brewer, Judy Chess, Alice Clune, John Connon, Deborah Kratzer, Lee Frame, Betty Hughes, Martha Keys, Connie LeMay, Dave Lyon, Eileen McFarland, Marilyn McKay, Vera Moody, Mike Pulice, Mildred Russinko, James Shorten, and Emily Slunt.

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.

Nominating Committee – Al Rico, Garry Archer, Dave Kraus

The Nominating Committee is requesting anyone interested in being an officer or a Board member for the 2022 term please contact Al Rico at alrico@peoplepc.com.

Increase Your Fiber Intake – Sandie Frame

Dietary Fiber is known for improving bowel regularity. However it higher dietary fiber intake also improves cholesterol levels and reduces the risk of heart disease. Recommended daily fiber intake for people 50 and above is at least 21 grams for women and 30 for men. To reach that:

- Read nutrition facts labels. Foods with two to three grams of fiber per serving are good sources, but more fiber is even better, choose breads and cereals whole wheat or whole grain as the top ingredient.
- Make substitutions – Swap in whole grains such as brown rice for white rice or whole-grain pasta, like quinoa or barley for low-fiber options like white rice or enriched pasta. If a baked good recipe calls for white flour, use half whole-wheat and half white flour instead.
- Add beans – Black, kidney, pinto, navy and other types of beans and lentils are nutritional and fiber powerhouses. Use them in soups, salads, tortillas or stir-fries. Try pastas that are made from beans and other types of legumes.
- Keep fruits, veggies and nuts handy – Many fruits, vegetables, greens, berries and unsalted nuts are good to great sources of fiber.
- Mix it in – A tablespoon or two of chia seeds, ground flaxseed or wheat germ added to hot or cold cereal, a salad, or baked goods provides a fiber and nutritional boost.
- Skip the chips – Try unsalted popcorn. If chips are a must, pair whole-grain tortilla chips with salsa or avocado dip.

Source: Mayo Clinic HealthLetter September 2018

We look forward to when we can all get together again! Stay safe!



AARP Chapter 5239
PO Box 945
Locust Grove, VA 22508

www.aarp5239.org

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