

PERSPECTIVES

August 2017

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org e-mail aarp5239@yahoo.com

PRESIDENT'S LETTER



by Carolyn Durphy

"Roll out those lazy, hazy crazy days of summer, those days of soda and pretzels and beer". How many of you remember who sang that song and what year it was introduced? (Look for the answer somewhere in this newsletter)

Well, it is now August and Dick and I are finally able to get away for a week. Going to visit with family in New York. I hope you all have been having a great summer with family and friends. Of course, the wonderful thing about being retired is we don't have to plan our trips around the summer months.

Dick and I have taken on a new volunteer job. We will be in charge of the white pages of the LOW phone book. If you have any changes, new neighbors, new officers in any clubs you belong to, etc, please let us know by e-mailing us at dickd9@msn.com.

We have a couple of months with nothing planned for us. Just the usual things like bringing goodies for the general meeting, food for the Wilderness Food Bank, pet food for the Orange County Animal Shelter. We will be having our annual food drive in October and Norma Ervin will be giving us a date in the near future.

Larry Eiben has gotten the Chicken BBQ underway. He is getting his committees together and making sure everything is a go. He will be giving us updates as we get closer to Election Day. Carla will be

sending out the "ticket letters" in early September. Please think about giving one to a friend or neighbor that does not belong to AARP.

As you all know, we voted on the new updated AARP Chapter 5239 Standing Rules at the July meeting. Dick has posted them on the website for further reading.

"Thought for the Month: Always believe something wonderful is going to happen. Even with all the ups and downs, never take a day for granted. Smile, cherish the little things and remember to hug the ones you really love."

AUGUST 21 MEETING **An AARP Program Tailored for Everyone**

by Madeline Salustri, *Publicity*



Lindsey Martin Pugliese, nutritionist with Giant Foods, will present a program to inform and entertain AARP members at the LOW clubhouse on Monday August 21. Like all AARP programs the 10 a.m. meeting is open to everyone. We invite you to join us in the Great Hall for this meeting. In fact, come at 9:30 a.m. for a pre-meeting of delicious snacks and warm fellowship.

Ms. Pugliese has a B.S. in Dietetics from Radford University and a M.S. degree from Marshall University. She served a ten-month internship at Marshall. She professes a passion for finding healthy alternatives for favorite dishes and has a special interest in weight loss and management for all age groups.

Ms. Pugliese has been a Registered Dietitian for nine years and has been employed by

Giant Foods since April 2017. She heads a new program with a mission of service to the community. She will discuss the steps to a healthier lifestyle with an emphasis on foods that enrich the body. She always includes those foods we call “treats!”

When you join us for this program ask about membership in LOW’s local AARP. All adults are eligible to become members; those under fifty years old join as associate members. We will see you on August 21 for a fun and informative morning.

AUGUST BIRTHDAYS (Leo and Virgo)



David Bowles, Anne Boyd,
Helen, Brewer, Gerlinde Carmona,
Judy Chess, Alice Clune, John Connon,
Carleen Delio, Larry Ervin, Lee Frame,
Lynn Hein, John Hughes, Robert Johnson,
Connie LeMay, Joan McElroy, Marilyn McKay,
Jim Oldham, Mike Pulice, Mildred Russinko,
Ralph Scheuermann, James Shorten,
Emily Slunt, Annette Tingler.

MEDICAL NEWS

By Sandi Frame

What Causes Skin Tags and How Can I Get Rid of Them?

Medically skin tags are called acrochordons. These small, soft, flesh-colored (or darker) growths typically form on parts of the body



where there are skin folds or creases, such as armpits, eyelids, groin, neck, and under breasts. Some people get them on their chest, abdomen, and back. Attached by little “stalks” they may arise due to friction of skin rubbing against skin or an irritant such as a shirt collar, bra strap, or necklace – or, it’s proposed, they may simply result from normal

skin aging processes. Other possible factors include hormone imbalance and viral infections. There may be a genetic component as well. (My comment) “In short, who really knows the exact reason they form on you or me.

Skin tags increase with obesity and with increasing age. At least half of people over 50 have one or more. They have also been associated with insulin resistance, diabetes, high LDL (bad) cholesterol and triglycerides, hypertension, and elevated C-reactive protein (an indicator of systemic inflammation in the body), suggesting that they may be a marker for increased risk of cardiovascular disease.

The growths are benign but, depending on their location and size, they can become irritated and even bleed. On occasion, a skin tag twists on its stalk, cutting off its blood supply and causing pain. If one is uncomfortable, is continually getting snagged on clothing or jewelry, or is just unsightly to you, it can be frozen off using liquid nitrogen cryotherapy, burned off (electrodesiccation or electrocautery), or snipped off (with medical scissors or blade) in the doctor’s office. Insurance and Medicare won’t cover this if it is done for cosmetic reasons.

Do not cut off a skin tag yourself. This can cause bleeding and possibly infection and scarring. Over-the-counter creams and other topical products are of questionable value or ineffective, especially ones containing homeopathic ingredients.

If you have a skin tag and notice any changes, or if it becomes uncomfortable or painful, see your primary care provider or a dermatologist. If it’s a cosmetic issue, you can discuss with your doctor alternative ways to remove it.

Source: University of California, Berkeley *Wellness Letter*, May 2017



DRIVER COURSE for Seniors, Friday, August 25

by Su Bielmeier, AARP Volunteer Instructor



Seniors, refresh your driving skills in Classroom 2 in the Sweetbriar Community Center from 9 AM – 4:00 PM. You must be present the entire class time. The one-day course has a working lunch so please bring a brown bag lunch, and maybe snacks and a drink since there will be no time to go out to lunch. There will be coffee in the morning. To register, call Su at 1-716-725-2674 (cell), or email Su at driversafetyclass@gmail.com. The cost is \$15 for national AARP members and \$20 for non-members. Please mail or deliver your check to Su Bielmeier, 1310 Eastover Pkwy, Locust Grove, VA 22508. Make checks payable to AARP. At class on Friday, Aug. 25, please bring your Driver's License and your national AARP card (if applicable). You will learn: defensive driving strategies; new traffic laws; and ways to reduce your chances of having a crash. Upon completion, you should receive a three-year discount on your car liability insurance.

SUNSHINE REPORT

by Joan Albertella



No cards were sent this month, but, if you know of someone who needs a card (get well, thinking of you or sympathy), contact Joan (972-7779 or jfa1041@comcast.net). Please include the address if you know it.

SILENT AUCTION: SILENT AUCTION: A NECK IN NECK RACE

by Karen Kovarik, Chairman



In July, the 50-50 raffle netted \$54, the Silent Auction \$68! The auction needs your on-going support to compete with the 50-50 raffle, and I take this personally as spouse David runs the 50-50. Remember, every dollar raised goes to needy local organizations, like Fire & Rescue, and the Food Bank. (Neither David nor I take a percent.)

We rely on donations to keep us in business. Phone for pick up or delivery. (972-7866)

Then, come August 21st, come to the meeting with checkbook and a shopping list!

AARP TAX AIDE FOUNDATION VOLUNTEERS NEEDED

by Carla Wascalus, Volunteer



I know tax season is completed and you probably don't want to think about taxes again until next year, unless you pay estimated taxes. Question, do you do your own taxes? Do you use a program on the computer such as Turbo Tax? If you do, you can be a volunteer. The Lake of the Woods VITA tax site is in desperate need of people to work the tax program for our friends and neighbors. Our site did about 355 Federal and 349 State filings this year. In the last couple of years several of our workers have retired, so we really need help. We work on Friday (9:30-2:00) and Saturday (8:30-2:00) each week February until April 15. Training will be provided as well as a laptop. We are a friendly group and help each other out all the time. If

you can't come every week that is all right, we accommodate vacations, appointments, and illness. Even if you could only work one day a week it would be helpful. If you have questions or want to volunteer contact Carla at 972-2436 or cpw_low@yahoo.com. Thank you for considering.



TOURS

TRIPS AND



Another Ballgame 16 Sept. 2017

The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, September 16, and the opponent will be the Los Angeles Dodgers. The game starts at 1:05 p.m. and participants need to be on the bus in the Clubhouse lower level parking lot by 10:15 a.m.

The tickets are \$75 per person and covers the bus ride and a game ticket. Checks should be made out to AARP Chapter 5239 and mailed to Dave Kraus, 127 Indian Hills Rd. - Nick Duy, 606 Cornwallis Ave. - John Trach 104 Constitution Blvd. For further info call: Dave Kraus 571-334-4913, Nick Duy 972-0350 - John Trach 972-4883



**Tall Ships and
Wooden Boat Festival Sunday
October 29, 2017**, \$96.00 leave 8:00 a.m.
return 6:00 p.m.

Please see the flyer under downloads for the Tall Ship Festival trip with the link if you choose to sail, giving information on the ships that are participating in the 2 1/2 sail. It's recommended to book at least 2 months in advance since it's based on availability and is a big event. There isn't a charge just to tour the ships. The link is also here

<http://sultanaeducation.org/public-programs/sultana-public-sails/downrigging-weekend-2/participating-tall-ships/>

Please make reservations early even if you are not sailing on the ships.

Myrtle Beach SC – October 3-6

Your package includes: * deluxe motor coach transportation * 3 nights accommodations at the beach cove resort oceanfront * 3 full breakfasts * 3 dinners * admission to two shows at Alabama Theater and Carolina opry * time at Broadway at the Beach and Barefoot Landing where you are welcome to enjoy shopping, entertainment and some great attractions * baggage handling * hotel taxes and gratuities on planned meals * Price; \$599.00 p/p double, \$559.00 p/p triple \$745.00 single

For more information on all trips contact Barbara Ehlen 972-4651 or email wiscruiser@hotmail.com. Also see flyers on chapter website under downloads for more information.

Volunteers are still needed on the Travel Committee. Contact Carolyn Durphy at 972-3306 if you are interested in leading a trip. Pierre Payette, 972-0519, can give you some contact information about working with tour and bus companies.

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.

The Lions Wilderness Food Pantry.



BREAKFAST

Food Pantry continues to need our assistance. The number of families needing support remains very high. School is finished for the year which means the children will receive more meals at home. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to the Wilderness Food pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

Coupons -



Carla will be collecting the box-top for education coupons. A special thank you goes to all those who save these items for charity.

The answer to President's Song Question is: Highlights of the July 17 Meeting:

Introduced by Nat King Cole in 1963

Highlights of the July 17 Meeting:

Guest Speakers

Dr. Travis Stoner, a Physical Therapist and Certified Orthopedic Manual Therapist was the first speaker. His topic was Vestibular Rehabilitation. Vestibular is the system that includes parts of the inner ear and brain that helps control balance and eye movement. If this system becomes damaged you can experience vertigo, dizziness, loss of balance, vision and hearing changes as well as other symptoms. The rehabilitation begins with an assessment as to the specific problem, then various activities and exercises are applied to help eliminate or adapt to the problem. There are many types of vertigo or dizziness but

Benign Paroxysmal Positional Vertigo (BPPV) is the most common form of dizziness and can be self-treated.

Dr. Stoner has two facilities available; one located in Woodbridge, VA and the other in Spotsylvania, VA.

Melissa Medici with Clear Captions was our second speaker. Clear Captions provides free Ensemble Amplified Captioned Phones to anyone who has at least 1% hearing loss. This machine will display the conversation in writing on its screen, save the conversation to reference later, show messages from the answering machine, customize volume settings as well as many other features. To receive one of these captioned phones you must have a hearing loss, home phone line and internet. Melissa can be reached at 202-695-5779 for further information.

Standing Rules--Larry Eiben, Vice President, presented to the group proposed changes under

Committees – Paragraph 13 to have the Vice President or responsible Director appoint the chair persons for the committees and the Vice President will be responsible for fundraisers.

The majority of the group were in favor of changing the rules.

If you would like to see a copy of the Standing Rules, they are on our website.

Medical Information-- Lee Frame expressed the importance of chewing an uncoated 325 mg. aspirin or 4 baby aspirins when experiencing chest pains. The aspirin helps slow the blood clotting in the arteries.

Food Drive--Norma Ervin announced that the Food Drive will now be held in October.

Starting with this issue the full monthly treasurer's report will be on the web site.
July 2017 Treasurer's Report

Checkbook Balance 06/30/2017	\$6,351.23		
Total Income	\$0.00	Ckbk Bal 12/31/2016	\$1,719.27
Total Expenses	\$0.00	2017 incoming	\$6,318.25
Trip balance transferred to incoming		2017 outgoing	(\$1,221.99)
Total Tours & Trips Received			
Total Tours & Trips Disbursed		Trip balance***	
Checkbook Balance	\$6,351.23		\$6,815.53
Interest Bearing Account	\$1,096.45	***completed -transferred to Incoming	
Petty Cash	\$114.00		
Total Accounts	\$7,561.68		

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‘LOW 50th Anniversary Throw’

By Carla Wascalus, Susanna Chandler Chapter, DAR Treasurer

The Susanna Chandler Chapter, DAR has created a Throw for the 50th Anniversary. All proceeds will go towards purchasing heavy duty sweat suits for veterans in Virginia. The Throw is \$50 with free shipping in LOW. Checks and/or Cash only.

Contact: Kerry, 540-972-3238 for information



Written by Regina Brett, 90 years old, of the *Plain Dealer* newspaper, Cleveland, Ohio. "To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written.

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time, time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need.
42. The best is yet to come...
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift

AARP 5239
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aarpchapter5239@yahoo.com

This Month's Meeting: August 21, 2017
Great Hall Clubhouse, 9:30 a.m.

Next Month's Meeting: September 18, 2017
Great Hall Clubhouse, 9:30 a.m.



The Power to Make it Better

OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	dolph1nlvr@msn.com
Vice President	Larry Eiben	221 Harpers Ferry	540-972-1847	larryeiben@gmail.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	pegpowl@aol.com

DIRECTORS

Director	Joyce Bowers	323 Yorktown Blvd	540-972-9325	Bjbower1@verizon.net
Director	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_2000@yahoo.com
Director	Skip Pool	262 Washington Street	540-972-7268	Pool123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
Past President	Tony Aris	301 Limestone Lane	540-972-2016	aanthony48@aol.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry	540-972-1847	larryeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
Email/Membership/ Perspectives	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Food Pantry Liaison	Norma Ervin	1313 Eastover Pkwy	540-972-0652	normaervin@verizon.net
Lead Greeter	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Program Chair	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Public Relations	Madeline Salustri	202 Cornwallis Ave	540-412-2950	madalsal@comcast.net
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 Ct	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Doris Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Pkwy	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington	724-523-5255	jandebun@yahoo.com