



PERSPECTIVES - OCTOBER 2021

Carolyn Durphy – President &
Pam Archer – Membership

Hello to all my fellow members. Can't believe that it is the middle of October already! I will be honest and say I am having a difficult time getting this newsletter out this month.

I am concerned about our upcoming election. The COVID situation has put us in a bind needless to say. It has hurt us not to be able to have monthly meetings, no fundraisers (including the Election Day Barbeque), and our December luncheon (where we usually distribute funds to our charities).

All of our 4 officers and some board members' terms are coming to an end. I hate to see the chapter fold but my only thought at this point is to put our chapter on "HOLD". Maybe we could still put out a monthly newsletter to help us keep in touch. I welcome suggestions from all of you as to how to go on from here. Please make sure you call or email me with your thoughts. IMPORTANT! If you email **must** use my new personal email durphyc@gmail.com. If you use my old email or the chapter email (yahoo address) I will not receive it.

Following is the email I just received from Sharon Stewart, AARP Chapter Specialist of the Office of Volunteer Engagement. My feeling is that we will not be able to hold meetings as we **can't** and **don't** want to turn people away.

“The following guidance has just been approved for AARP Chapters:

Effectively immediately AARP Chapter leaders are responsible for following CDC, State and Local guidance and are able to meet with up to 50 people with no requirement to submit attendee lists. AARP continues to strongly encourage that in-person Chapter meetings follow safety protocols for social distancing, face coverings and are held outdoors when possible. Also, AARP Chapter gatherings are intended for AARP Chapter members only and should not be held in conjunction with public events.

*My AARP colleagues and I have worked hard to be your advocate for updated guidance that would support an approach to larger gatherings that were grounded in key health safety protocols. Specifically, a Chapter Leader needs to **monitor and follow all Local, State and CDC guidance for in-person gatherings.***

AARP is placing the health and safety of our Chapter members, volunteers, community members and staff as a top priority right now, and we deeply appreciate your patience and understanding as we developed the attached updated guidance about in-person meetings.”



October Birthdays – Pam Archer

Many Birthday treats and fun wished for the following members: Pam Archer, Debby Attiliis, Charlotte Baker, Vaughn Beucler, Joyce Bowers, Susan Burt, Sandra Davis, Stephen Davis, James Fargo, Lee Anne Hamilton, Suzanne Jenkins, Dave Kraus, David Krebbeks, Patricia Layman, Lea LeBar, Grace McEuen, Nell Meador, Linda Merrell, Agatha Mucciacciaro, Bobbie Prees, Marlenah Spencer, Delores Wiberg



Sunshine Report – Vi Liberti

A get well card was sent to Vi after she had surgery last month. All went well and she was home in a few days.

Lions Wilderness Pantry Food Drive - Judy Schrage

Saturday October 23, 9AM – 2PM in the parking area directly across from the Security Gate
“You Won’t Even Need to Leave Your Car”

The LOWA Wilderness ‘Tiques will sponsor a food drive for the Lions Wilderness Pantry on Saturday, October 23, from 9 a.m. to 2 p.m. The ‘Tiques are a chapter of The Questers, an organization to educate its members on places and events of historical significance and to support historical preservation and restoration.

The Wilderness Pantry has long been a beacon of hope for families in our community. And as the pandemic continues, the need for food continues to be great. With your generous donations, we will be able to help those in need!

With Thanksgiving just around the corner, the Pantry would especially like to have traditional Thanksgiving items. The Pantry expects to feed 70 families this Thanksgiving. Here is a suggested list of donations for the Pantry:

Thanksgiving items; Dry or canned pasta, tomato sauce;
Hamburger/Tuna Helper; Canned tuna or chicken; Dry side dish
packages – all kinds; Macaroni & Cheese; Canned fruits/vegetables;
Juices; Dry beans - all kinds; Cereals – all kinds; Crackers, all kinds;
Condiments; Tea bags and coffee; Reusable plastic bags.

In lieu of food donations, we will accept checks made payable to the Lions Wilderness Food Pantry. Please pass along the date and info to your neighbors and friends!

Stimulus Check Update – Greg Stoner

A senior citizen advocacy group has asked congressional lawmakers to pass legislation that would provide a one-time stimulus check of \$1,400 to Social Security recipients in the U.S. That campaign comes as a petition calling on monthly cash payments of \$2,000 for the wider population nears 3 million signatures.

Throughout September, nonpartisan organization The Senior Citizens League gathered hundreds of thousands of signatures for a petition that calls on Congress to deliver a round of \$1,400 “emergency stimulus checks” to assist an estimated 69 million Social Security beneficiaries—including retirees, disabled adults and their dependents, widows and widowers—in coping with the “unprecedented inflation year”

This was just part of an article published in Newsweek last week.

A Note of Interest – Carolyn Durphy

I ran into Michael Scruggs, owner of Graze, a couple of weeks ago and he said that will be opening shortly. They will be open Friday, Saturday and for Sunday Brunch. Great news for them and for us!

New Nutrition Labels for Nuts – Sandie Frame

Don't be surprised if you start seeing nutrition labels on nut products listing lower calorie counts than they did previously. A series of studies over the last several years by the USDA has revealed that walnuts, almonds, cashews and pistachios have anywhere from 5 to 25 percent fewer calories than once thought, depending on the particular nut and its form and processing (whole, roasted, chopped, etc.). That's because some of the fats, carbs, and protein in nuts pass through the intestine undigested so not all of their calories are being absorbed. Yet the standard way companies calculate its nutrition labels – the Atwater system developed over 100 years ago – overestimates calories in some foods, nuts in particular. KIND is the first company to redo its nutrition labels, to reflect these newer calculations, with its nut bars listing 10 to 30 percent fewer calories each than it did before. For example, its Dark Chocolate Nuts and Sea Salt bar lists 180 calories down from 200. Other companies will likely follow suit. But don't let the lower calorie counts be an excuse to eat an excess of nuts or nut products. All nuts are still calorie dense foods that should be consumed in moderation.

Source: University of California, Berkeley, *Wellness Letter*, April 2020

Coming Soon! Bill Ruark has found some older pictures that might be fun to look at and has given them to our Sandy, our Webmaster, to post on our website soon. Be sure to check them out. If you see pictures that you can tag with a name please let Sandy know.



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