



PERSPECTIVES – AUGUST 2023

President's Letter – Pierre Payette

Hello, everyone. Hope you all are surviving the summer.

Plans are under way for the VIN Etching which is scheduled for Oct 7, I believe. We are not getting any support from LOWA. They will not put it into the Lake Currents, nor on the e-blast that they put out, because it is not a LOWA function. Never mind that we are doing it as a service, at no cost to LOW or any of the participants. We are being forced to pay \$50 for a paid ad in Lake Currents. Oh Well!

Please consider running for office this year. We need leaders so that the Chapter will continue to function. Also we need someone to replace Sandie Frame and provide a medical info column to Perspectives every month.

Believe it or not, but I have already started looking into 2 trips for next year. I will keep you informed as things progress. I could use someone that would be willing to run a day trip or two.

Next meeting, Monday, August 21, at 10 AM (social starts at 9:30 AM), in the Great Room at the Clubhouse. Our next Board meeting is Monday, September 11 at 10AM at Fareways.

AARP: Self Defense for Seniors - Karen Kovarik, Publicity Chairman

AARP will meet on Monday, August 21st in the Great Hall of the Clubhouse, and invite all to attend. Come for coffee and treats and a chance to meet old friends and make new ones at 9:30 AM. The meeting begins at 10 AM. Orange County TRIAD will give a presentation regarding self-defense for the senior citizens. Self-defense begins before needing to react to a serious scenario-with self-awareness and prevention strategies.

The Orange County TRIAD program is run through the Sheriff's Department, led by Deputy Ron Kesner, supervising his committed volunteers. TRIAD partners with law enforcement, community organizations and with seniors in fighting crime. We will benefit from the expertise of two committed volunteers.

Barbara Consentino, a TRIAD volunteer, is responsible for presenting TRIAD small programs throughout Orange County. Barbara's professional career has been working in the Criminal Justice System. She has been the Victim/Witness Coordinator in a prosecuting attorney's office, a CASA (Court Appointed Special Advocate) for the foster care program. Barbara has also worked in different capacities for Fairfax County Police Department, Fairfax Sheriff's Department, and Virginia State Police. She retired from the Federal Government, and remains passionate about victim advocacy for all people.

Our second speaker is Christopher Paris who works with the Orange County Sheriff's Office and currently is assigned to the Court Security/Civil Process Division. He has over 15 years in law enforcement between patrol, animal control and court security. A neighbor, he grew up in Unionville and graduated from Orange County High school in 2002. He is also an Eagle Scout.

Urgent Care News - Joan Albertella

"Mary Washington Urgent Care" now has 3 locations to serve you better—King George, South Stafford, and Fredericksburg on 4900 Plank Road – Suite 101. We are open Monday–Friday 8:00a.m.–8:00p.m., and 8:00a.m.–4:00p.m. weekends and holidays. Visit urgent.mwhc.com for more information or call 540.741.6982. This site will give you additional information regarding what they have to offer.



Tours and Travel – Pierre Payette



Spaces are available for the trip to **Bethlehem, PA** the first week of December. 3 days - 2 nights **December 6 - 8, 2023**. \$509 per person, double occupancy. Includes 2 nights lodging, 2 breakfasts, 2 dinners, Koziar's Christmas Village, Christkindlmarkt, and more.

Koziar's Christmas Village is one of the greatest Christmas displays in the USA.

Christkindlmarkt is a unique family holiday event modeled after the open air markets in Germany during the holiday season. It features exquisite handmade works by the nation's finest artisans, and German and Austrian food. A \$25 per person deposit will reserve your seats. Call Pierre at 540-972-0519 or email at pierrel14@verizon.net Flyer is available at AARP5239.org under "downloads." Please tell your friends. Maybe you could go as a small group.

Sunshine Report – Carolyn Durphy

A get Well card was sent to Joe Nolan – Sympathy cards sent to Cliff Wilks on the passing of his wife and to Kathy Saladino on the passing of her grandson.



VIN Etching – Barbara Ehlen & Judy Schrage



VIN etching is one way that the Virginia State Police HEAT program helps to protect your ride. At this event, your unique Vehicle Identification Number (VIN) is chemically etched onto the windows of your vehicle. The process takes only a few minutes and is provided for FREE!

VIN etching creates another barrier against auto theft. To learn more about VIN Etching and other helpful tips to prevent auto theft, visit HEATreward.com. The date and time will be **Saturday, October 7th – 10am to 2pm in the clubhouse lower parking lot.**

Blood Pressure Home Testing – Sandie Frame

Question: My sister has high blood pressure but can't be convinced that at-home testing is accurate or necessary.

Advice: She's not alone in being skeptical of home monitors despite the fact that they are relatively easy to use, affordable and accurate monitors exist. A recent survey of 2,000 Americans by the University of Michigan researchers found that a majority of people with hypertension or related health problems have home monitors – but less than half of them check their blood pressure at least weekly. Almost 20% of the group said they never use their at-home monitors.

The American Heart Association and other organizations recommend that people with high blood pressure routinely monitor their blood pressure at home, in addition to the periodic testing done at a health care provider's office. Home monitoring can help you keep tabs on your blood pressure in a familiar setting, make certain your medication is working, and alert you and your provider to complications.

Communication appeared to be a major reason why the home monitoring message did not get across to more people. Close to 40% of the participants in the survey said they didn't remember hearing about at-home-monitoring from a care provider. However, they were twice as likely to do at-home monitoring if a provider had told them about it.

If you do have high blood pressure or a condition related to it – heart disease, congestive heart failure, diabetes, chronic kidney disease or a history of stroke – find a monitor that's right for you and make a plan to use it regularly.

When taking measurements be sure to sit up straight with both feet on the ground. Each time you measure, take two or three readings to make sure your results are accurate. Your care provider may suggest taking your readings at the same times each day if possible.

For an easy-to-follow instructional video, visit www.heart.org, click on the magnifying glass and type in the search terms “monitoring your blood pressure at home.”

Source: Mayo Clinic Health Letter, Volume 40, Issue 4 April 2022

August Birthdays – Pam Archer



Warm August Birthday Wishes to Anne Boyd, Helen Brewer, Judy Chess, Deborah Kratzer, Lee Frame, Jane Ketch, Audrey Lawrence, Connie LeMay, Marilyn McKay, James Shorten, and Emily Slunt.

Sheriff's Office Triad Program – Beth Drabant, Triad Liaison

Keeping Seniors Safe - Guardian Alert Pendant

This is the first of a series of articles to inform AARP members about the services offered through the **Orange County Sheriff's Office Triad Program**.

Today, we focus on the **Guardian Alert Pendant (GAP)**, one of the most requested Triad services.

Could GAP help you or someone you know?

The Guardian Alert Pendant is a small, portable, two-way communication device that, with just the touch of a button, enables someone to directly contact the County's 911 Dispatch Office. GAP is useful for individuals who live alone and/or have medical conditions that may limit their ability to reach a phone or communicate with first responders in case of a health or safety emergency. The device has a range of approximately 800 feet in and around the home where it is installed. There is no monthly fee.

Triad volunteers install GAP units at no cost for eligible Orange County residents and teach recipients how to use the device. As GAP is a donation-driven service, recipients are invited to make a contribution towards the purchase of additional units for the community.

For more information or to see if you or a family member are eligible to receive a Guardian Alert Pendant, please contact Deputy Ron Kesner, Triad Coordinator, at rkesner@orangecountyva.gov or 540-672-1536.





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