

PERSPECTIVES

October 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Larry Eiben

ELECTION DAY CHICKEN BBQ



It's that time of year again for our biggest fundraiser, the Election Day Chicken BBQ scheduled for November 5, from 11 AM to 6PM. Many charities benefit from this event which is attributed to your hard work preparing and serving in excess of 600 dinners. I am again soliciting your support to make this event successful. It will take a team of volunteers to accomplish the following task:

1. Get your tickets sold/purchased and returned ASAP.
2. Sign up for the serving line. We need additional servers for the 2:30 – 4:30 shift and the 4:30 – 6:30 shift.
3. Sign up to serve as a cooker. We need additional cookers for the 2:00 – 4:00 shift and the 4:00 – 6:00 shift.
4. Bean Cookers – We need coverage from 10:30 – 12:30, 12:30 – 2:30, 2:30 – 4:30, and 4:30 – 6:00. Recipe and instructions will be provided.
5. Ticket Collection – Need volunteer for 11:00 – 12:30, 12:30 – 2:30, 2:30 – 4:30 and 4:30 – 6:00.
6. Brownies, Brownies, Brownies – I need more brownie makers so if you

can help please give me a call at 540-972-1847. Note: Cut brownies 2" x 2", no nuts, individually wrapped.

7. Need an individual with a truck who can serve as a runner, picking up chickens when needed and an occasional trip to get rid of trash.

I'm guessing three to four trips from the Clubhouse to Food Lion and back.

8. Need a few more volunteers to sell tickets at the Clubhouse.

As I stated previously, it takes a team to make this event successful. We need everyone to pitch in and not leave all the work to your fellow members. This is your club and your teammates, so please volunteer where possible. Remember, "The strength of the team is each individual member. The strength of each member is the team."

October Meeting

Program at AARP 5239

By Larry Eiben

President AARP 5239

The Italian Connection



Are you Italian, married to an Italian, wish you were Italian, love Italian food, have toured Italy - or can you point to Italy on the

map? ?Yes to any of these questions means you must come to the AARP 5239 October meeting. On Monday, October 21, Madeline Salustri, our featured speaker, will share her connections with that fabled country. Madeline, a LOW resident and member of AARP 5239 has been an AARP annual speaker for the past several years. She speaks on many topics, with her goal of sharing some information and a lot of humor. She will touch on her heritage, Italian history and world influence, as well as profile a famous family ancestor. She claims that she is not running for anything or selling anything, but just wants to have some fun with her friends. So join us at 9:30 for breakfast snacks and fellowship. The meeting begins at 10:00 am. For further information please call Larry Eiben at 540 972 1847.

MEDICAL NEWS

By Sandle Frame

Unhappy Meals.

While fast food restaurants have added some healthier items like veggie burgers and grilled chicken nuggets have things really improved nutritionally?

Researchers traced changes in hundreds of menu items in 10 popular chains at different periods over the past three decades, 1986, 1991, 2015. The restaurants included McDonald's, Wendy's, Berger king, Carl's Jr., Dairy Queen, Arby's KFC, Long John Silver's, Hardee's, and Jack in the Box. Among the key findings, which were reported earlier in the *Journal of the Academy of Nutrition and Dietetics*:

- Overall, the number of entrees, sides and desserts more than tripled between 1986 and 2016 a net increase of 23 items per year.
- Portion sizes of entrees and desserts went up significantly, (by sizes about a half-ounce and 1 ounce per decade, respectively}.
- Calories increased across the board – most in desserts (62 calories per decade), followed by entrees (50 calories per decade) – largely because portion sizes got bigger. The calories in an average entrée rose from 326 in 1986 to 416. Order dessert and, on average you will get nearly 200 more calories than 30 years ago (420 versus 234).
- Sodium increased by about 110 milligrams per decade in entrees, on average, and by 94 milligrams per decade in side (the daily value for sodium is 2,400 milligrams). This increase in sodium was significant even when the amounts were adjusted for the increased portion sizes or calories.
- Calcium increased in desserts by nearly 40 milligrams per decade, on average, (the daily value is 1,000 milligrams), in part because of the increase in portion sizes. (There are better sources of calcium than fast food.)

This national survey of fast food across the U.S. is the longest and largest to date, and its results “indicate a broader range of unhealthy changes in fast food offerings than previously indicated” the authors wrote. The findings are important given that nearly 40% of Americans eat fast food on any given day, according to CDC stats, and since eating away from home is associated with poorer diets – and higher calories - overall. On a bright note, other

recent research suggest that fast food restaurants are lowering the calories in some items as a result of the mandatory menu labeling legislation that went into effect last year as part of the Affordable Care Act.



by Joan Albertella

There were no cards sent out in September.

If you know of someone needing a card or note, contact Joan at jfa1041@comcast.net. Please include their address if you know it.

October BIRTHDAYS

By Pam Archer, Membership



Pam Archer, Debby Attiliis
Charlotte Baker, Vaughn Beucler
Joyce Bowers, Susan Burt
Don Daughetee, James Fargo
Anne Felder, Lee Anne Hamilton
Suzanne Jenkins, Dave Kraus
David Krebbeks, Rod Lackey
Judi Laganga, Patricia Layman
Lea LeBar, Elaine Lewis
Grace McEuen, Nell Meador
Agatha Mucciacciaro, Bobbie Prees
Ruth Price, Marlenah Spencer
Delores Wiberg

Reduce Online Risks

October Consumer Reports

It's easy to feel overwhelmed by all we see and hear about computer/account hacking, identity theft and the like. But many of us have followed some of the sage advice to minimize our exposure to such compromises. The October issue of Consumer Reports includes a long article on measures you can take to reduce your online risks. Following are just a few of the tips offered in the article which this writer followed up on to eliminate a large number of vulnerabilities from his computer:

1. Search relevant folders in your email accounts (new and old) for phrases such as "welcome to", "new account", "password", and "confirm your email" to find messages you received when you signed up for services. Delete all emails found that no longer require action on your part.
2. See what comes up when you search the internet against your name (especially in formal formats that you use with accounts), usernames you use for multiple logons, and email addresses.
3. If you have allowed your web browser (e.g., Google) to populate web sites you visit often (e.g., credit card accounts) with your usernames and passwords, you can review the archived list to find old accounts. Then you can delete the usernames and passwords for those accounts. Instructions on how to do this vary by browser. For Google Chrome, click

on the three dots in the upper right corner and go to Settings, then Passwords.

4. Go to the website “Have I Been Pwned” (yes, pwned) to see if any of your email addresses or passwords have been exposed in a data breach at a service where you have an account. You may find here some guidance on what to do about anything you find for your accounts. At the very least, you may want to change the passwords for any compromised accounts.

For more information about these measures and others you can take, read the full article in the October Consumer Reports, which is available at the Wilderness Branch Library.



AARP SMART DRIVER COURSE for Seniors
Tuesday, 22 OCT 2019

by Elaine Cook, *AARP Volunteer Instructor*



Seniors, refresh your driving skills at the Sweetbriar Community Center from 9 AM – 5 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 Elaine at 703-309-4810 (cell), or email at Elaine@olderandbolder.net. The cost is \$15 for national AARP members and \$20 for non-members. Please bring your check to the class on October 22 and make checks payable to AARP. 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 can receive a three-year discount on your car liability insurance if your provider participates.

WALK TO END ALZHEIMER’S
 By Elizabeth Drabant



Over 5.8 million Americans are living with Alzheimer's Disease with a decline in memory or other thinking skills severe enough to reduce their ability to perform everyday activities. There is no cure for Alzheimer's.

The Alzheimer's Association (<https://www.alz.org>) invites you to join the Fredericksburg area **Walk to End Alzheimer’s** on **Saturday, October 12, 2019** at the **Mary Washington Hospital campus**. Part of a nation-wide fundraising campaign, the Walk generates resources to provide and enhance care and support for families and individuals impacted by Alzheimer’s, and to fund medical research to eliminate this disease.

This is a great opportunity for families, friends, co-workers, faith

communities, social organizations, sports teams, teen groups, and other associations to work together to raise awareness and funding for essential care, support, and research.

Interested in helping? Here's how:

(1) **Participate as a walker** --- join one of the 92 existing teams, create your own team (with family, friends, co-workers, etc.) or walk as an individual.

(2) **Volunteer** --- your talents are needed for advocacy, fundraising, and logistics.

(3) **Make a donation** --- every dollar makes a difference!

For more information and to sign up, please visit act.alz.org/2019Fredericksburg or call **800-272-3900**.

AARP Legislation Update **By Ed Bunting**

Nancy Pelosi's recent release of her drug pricing plan means that both chambers of Congress are officially working to pass drug pricing legislation with the White House closely monitoring. There's much overlap between the two chambers' bills, except that Pelosi's includes aggressive Medicare price negotiations. The American Conservative Union (ACU) says that Pelosi's plan means more taxes and fewer cures. ACU prefers rebate reform, meaning real savings for seniors at the pharmacy counter now!

A senior administration official commented, "We dig some parts of it, hate other pieces of it, can work

through it all in conference, and are pumped that Pelosi's finally in the game." Bottom line: The White House is still the ultimate wild card.

Individual states continue their legislative efforts to expand Medicaid. Tennessee recently proposed to convert its state Medicaid financing into a block grant which could become a landmark restructuring of the program. It's the first state in the nation to put forward a block grant waiver program. This plan would create a cap on federal funding for medical services, and would give the state additional flexibilities over the program's benefits. Other states currently in the news for their Medicaid expansion efforts include Nebraska and North Carolina.

The Social Security 2100 Act should be supported by young people. It will ensure that today's young people will get their fully earned benefits when they retire. The act also makes millionaires and billionaires pay their fair share into our Social Security system. Currently, wealthy Americans stop paying into Social Security after their first \$132,900 in their earnings. Millionaires stop paying into the system in February each year, while 95 percent of workers pay all year long. It's time for the wealthy to pay the same rate as the rest of us!

Nancy Altman, president of Social Security Works, comments: "For voters who have a stake in Social Security - that is all of us - do not let those seeking your vote get by with platitudes about 'saving' or 'fixing' Social Security. And certainly not about 'saving' it for those who 'need' it. Find out if they support expanding

Social Security, and if they don't, the proper inference is that they support taking away the benefits you have earned."

TOURS AND TRAVEL



**Holidays in New York City:
By Barbara Ehlen**

Package includes motorcoach transportation, 2 nights in a hotel suite in NJ, 2 dinners including an authentic Brazilian restaurant, tour 9/11 Museum, 9/11 memorial, top of the One World Observatory, "The Ride" an interactive theatrical motorcoach fun tour through midtown Manhattan. Free time to explore and see the Rockefeller Center Christmas Tree, shop, maybe a Broadway Show or see the famous Rockettes. December 4-6, 2019 Price: \$579.00 p/p double \$519.00p/p triple

Motorcoach departs on both trips from Lake of the Woods lower parking lot and the commuter lot on Route 3 and Gordon Road Fredericksburg.

Call Barbara at (540) 972-4651 or email wisecruiser@hot [mail.com](mailto:wisecruiser@hotmail.com) for more information or a flyer.

Save the date!

By Pierre Payette

PA Amish Lands, May 4 - 6, 2020, (3 days - 2 nights. Features "Queen Esther" at Sight and Sound Theater. This is a brand new stage presentation, set in the opulent yet perilous Persian Empire. Queen Esther is a captivating tale of beauty and bravery.

Includes 2 nights lodging, 2 breakfasts, 2 dinners including one at an Amish Homestead. Participate in a Chalk Talk presentation by artist Elva Hurst. Guided tour of the Amish countryside including stops at Bird In Hand Farmers Market, an Amish farm featuring quilts and Amish crafts, and a bake shop.

Cost is yet to be determined. This trip is still being finalized.

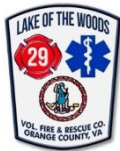
SAVE THE DATE: May 4 - 6, 2020.

**Christmas Village Thursday,
December 12, 2019
Baltimore MD, Inner Harbor**

By Pierre Payette

The trip to Baltimore Christmas Village on December 12 is "FULL." A wait list is being formed with no obligation to those on the list. Listees will be called in the order they appear on the list, when openings occur.

If interested in being added to the wait list, call Pierre at 540-972-0519.



Lake of the Woods Volunteer Fire & Rescue Company

By John P Farrell Jr.,
Volunteer Firefighter

As you likely know by now, your Lake of the Woods Volunteer Fire & Rescue Company has partnered with AARP Locust Grove Chapter 5239 in order to share some safety messages as part of our Community Risk Reduction efforts. In prior monthly *Perspectives* newsletters, we have completed our first two parts on fire safety. We hope that you found them informative.

In the event of an emergency please call 9-1-1 first before you notify anyone else. We want to get first responders notified and, on the way, as soon as possible. Remember an emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples may include:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured
- A medical emergency, especially for symptoms that require immediate medical attention

If you're not sure whether the situation is a true emergency, we recommend calling 9-1-1 and letting the call-taker determine whether you need emergency help. For Lake of the Woods residents calling 9-1-1

will also allow for Fire & Rescue and LOW Security to be alerted and assist with responding to your needs.

Knowing what you can do to help mitigate injuries in the event of a fire, or fall, is particularly important for seniors. *Remembering When: A Fire and Fall Prevention Program for Older Adults*, was developed by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention (CDC) to help keep a senior safe within their home. This program is built around 16 key safety messages – eight fire prevention and eight fall prevention. Please take a moment to familiarize yourself with the following third installment in our series, “*How to help prevent falls.*”

How to Prevent Falls

Falls are the leading cause of unintentional nonfatal injury among adults 65+ years, NFPA offers the following safety tips and guidelines:

- ❖ **Exercise regularly.**
 - This helps to build strength and improve your balance and coordination.
- ❖ **Take your time.**
 - Stand and get your balance before you walk. Sit a moment before you get out of your bed.
- ❖ **Keep stairs and walking free of clutter.**
 - Watch for electrical cords, shoes, clothing, books, magazines or other tripping hazards.
- ❖ **Improve your lighting.**
 - Use nightlights or flashlights to light the path between your bedroom and bathroom. Turn

on the lights before using the stairs. Make sure your pathways and walkways are clear and well lit.

**September 16, 2019
HIGHLIGHTS OF GENERAL
MEETING**

By Lea Lebar

Guest Speaker Violet Liberti introduced Mike D'Ostilio, our guest speaker, whose topic was Home Fit. He retired in 2015 and joined AARP as a legislative spokesman in 2016. He became a member of the AARP Virginia Speakers Bureau in 2017.

He discussed ways to adapt your home to your needs as you age which would allow you to stay in your home.

The first step would be to assess what renovations are needed to accommodate your physical needs and then consider the cost to renovate.

Some of the changes needed may be:

The entrances and exits of your home. Visibility of your address is important, pathways should be well maintained, no-trip doorway thresholds, handrails, 36" wide doorways, exterior lighting, possible ramp installation.

Easy access to the kitchen cabinets would be helpful, handles rather than knobs on

the cabinets and drawers, moving your wall microwave to the kitchen counter, good lighting, pull out work surface.

Steps and stairs should be clutter free, in good condition with non-slip treads, handrails on both sides of the interior stairs, good lighting.

The bathroom shower should have a no-step entry with a non-slip floor surface, hand-held shower head, grab bars bolted to the wall studs, rubber-backed or double-sided tape on bathmats.

Other areas of your home to consider is the bedroom with easy access to the bathroom, availability of a telephone, the laundry area with a front-load washer and dryer, working smoke detectors, good lighting.

These are just a few of the modifications you may need to Home Fit your home. There is much more information on this subject which you can find at: AARP.org/homefit or AARP.org/livable websites.

Membership Pam Archer announced that 1 new member and 7 guests attended our meeting.

Fund Raisers Karen Kovarik reminded everyone of the October 29th fund raiser at Generals' Quarters.

Sedona Tap House may be

another restaurant to participate. An application has been submitted to Sedona Tap House.

Nominating Committee

Lee Frame reported that the 2020 Nominees for Officers are Paul Conrad for Vice President, Robin Chewing for Secretary and Joe McEuen for Treasurer. We still need a nominee for President. If interested, phone Lee Frame at 540-972-6385 or Pierre Payette at 540-972-0519.

Memory Lane Home Health

Jaime Cole, Marketing Representative for Memory Lane Home Health, explained to us what this home care agency provides. They specialize in dementia and Alzheimer's diseases. Some of the other services are companionship, light housekeeping, shopping errands, transportation, regular visits, and 24-hour care, to name a few.

She can be contacted at 540-779-0529 or on the website at JCole@memorylanecares.com.

Aging Together Ginny Biggs informed us of the Art of Aging Expo at the Germanna Community College Culpeper Campus on October 8th from 9:00 a.m.-1:00 p.m.

If interested call 540-829-6405.

TRIAD Deputy Sheriff/TRIAD Coordinator Ron Kesner with the Orange County Sheriff's

Department, told us about a safety device to wear around your neck or on your waist that you can use to contact the Sheriff's Department when you need medical assistance. You must have a working phone line for this to be effective. You can also use Internet Essentials with Comcast, but there are certain requirements for usage.

For more information contact Tony Aris at 540-972-2016.

Refreshments Many thanks to Marianne and Dave Kraus, Ann Woods and Alice Grgas for making sure that refreshments and beverages were available at the meeting.



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

www.aarp5239.org

This Month's Meeting: October 21, 2019
Clubhouse Grand Hall 9:30AM

Next Month's Meeting: November 18, 2019
Clubhouse Grand Hall 9:30AM



The Power to Make it Better

OFFICERS

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Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
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