



## ***PERSPECTIVES - OCTOBER 2023***

### **Presidents Letter – Pierre Payette**

Hello Everyone. This month's President's Letter is a short one, as I am vacationing in my home state of New Hampshire. Little cool here, and we are a little early for the foliage this year. Love how the cherry blossoms and the foliage peaks when Mother Nature decides, and not when we want it to.

By the time that I return, I hope that we had a very successful Vin Etching turnout. I know that Judy, Barbara, and others have worked hard to make it happen.

As I keep preaching, please consider running for office in our upcoming elections. You do not have to be asked by the Nominating Committee (Dave Krause and Carolyn Durphy). You are allowed to volunteer if you are so inclined. The Chapter needs some new blood in order to continue functioning and improving. Thank any of you who are considering running. Definitions of the duties of each office, are given on our web page.

See you all at the next meeting in October.

### **Membership Dues – Kathy Saladino**

If you are going away for the winter, remember that dues (\$10.00) paid in October, November and December count for **2024**! It's okay to renew your membership now for next year if you will be away.

Recent checks were written to the State of VA for our association (\$25) and our website is requiring an extra \$33/year to forward any inquiries to our officers. The board is paying it for this year but will reevaluate whether or not to continue it next year. Our webmaster will keep track of how many inquiries we actually get to see if this is money well spent.

## **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](http://HEATreward.com). The date and time will be Saturday, **October 7th – 10am to 2pm** in the clubhouse lower parking lot.



## **Tours & Travel** – Barbara Ehlen

Tropical Costa Rica - March 10-18, 2024

Tour Includes: Round Trip Air to San Jose, Costa Rica, Air Taxes and Fees, Hotels, Hotel Transfers, Guided Tours, 14 Meals: 8 Breakfasts, 1 Lunch, 5 Dinners, Transportation from LOW to Airport

## **October Birthdays** – Pam Archer



**Bright** October birthday wishes to: Pam Archer, Charlotte Baker, Joyce Bowers, Christine Bregar, James Bregar, Susan Burt, Sandra Davis, Stephen Davis, William Goetz, Dave Kraus, Lea LeBar, Grace McEuen, Agatha Mucciacciaro, and Bobbie Prees.

## **Sad Goodbyes** - Carolyn Durphy

Here is the new address for our good friends Lee & Sandie Frame. Feel free to send them a card welcoming them to their new home in Colorado. They will be missed here but know that they'll enjoy being closer to their family. Their new address is:

Lee & Sandie Frame  
3091 Mill Vista Road – Unit 1306  
Highlands Ranch, CO 80129

## **Sunshine Report** – Carolyn Durphy

Please remember to send me an email or phone call when you know of someone that needs a card to cheer them up.



## **COVID-19 Vaccine Update – Sandie Frame**

The latest COVID vaccine has been approved. This vaccine is specifically designed to combat the most recent variant XBB, evolved from the original omicron variant. It is important to get your vaccine booster as soon as you can. Contact your health care team or your local pharmacy to make an appointment. While you are at it you can get a flu vaccine at the same time if you have not already done so. Do you need any others to be up to date?

Pharmacies in our area now have the updated vaccine in stock. To find a location near you, please visit: <https://www.vaccines.gov/search>.

Beginning September 25, every U.S. household can again place an order to receive four more free COVID -19 rapid tests delivered directly to their home. To order visit: <https://www.covid.govv/tests>.

Before You Throw Out "Expired" Tests: Check to see if your COVID-19 tests' expiration dates have been extended.

## **Diabetes and Foot Care – Sandie Frame**

If you have diabetes, you know you must pay close attention to your feet. Diabetes can damage nerves and reduce blood flow to the feet. This makes it hard to feel an injury and can slow or prevent healing.

More than 37 million Americans have diabetes. By some estimates about half of those people experience the nerve problem known as diabetic neuropathy. Neuropathy commonly begins in the feet and legs.

Diabetic neuropathy can cause numbness, tingling, pain, muscle weakness and sensitivity to touch. It can lead to serious foot problems, such as ulcers that won't heal and joint damage. These ulcers and sores can lead to infection in the soft tissue or bone. With poor circulation, whether a wound is present or not, tissue death can develop. These complications can lead to amputation.

Here are some of the tips for caring for your feet if you have diabetes:

- Check your feet daily. You may have a sore, cut or blister that you can't feel due to diabetic neuropathy. Inspect between your toes and use a mirror, if necessary, to see all parts of your feet. Immediately seek medical attention if you have sores or blisters that do not heal in a few days. Other reasons to seek care immediately include a change in color or temperature of your feet, cracked skin, or pain or swelling.
- Wash your feet daily in warm water no hotter than 95 degrees Fahrenheit, but don't

soak them. Gently dry your feet, particularly between your toes.

- Trim your toenails straight across. Gently smooth the freshly cut edges with an emery board or nail file to prevent small cuts. If you cannot see or reach your toes, or if they are thick and yellowed, have them done by a professional.
- Wear shoes and socks, even around the house, to prevent small injuries that you might not notice. Wear shoes that fit properly and are made of a breathable material.
- Put your feet up when you can if your feet tend to swell. Wiggling your toes a few minutes several times a day also keeps the blood flowing.
- Don't use a pumice stone or emery board to remove calluses unless told to do so by your health care team. You can injure your foot and create serious complications.
- Don't use liquid corn and callus removers or medicated pads.

When to seek urgent care:

There are times when foot pain may require immediate medical attention. Seek medical care right away if you have:

- Severe pain or swelling.
- A wound that is oozing pus or has other signs of infection, such as a change in color, warmth and tenderness, or if you have a fever.
- A wound that is discolored, swollen or warm and you have diabetes.

Source: Mayo Clinic Health Letter Special Report, no date given

### **October's Guest Speaker – Karen Kovarik**

Orange County Has a Five Star What? Would you expect to find a five-star health and rehab facility here in Orange County? Well, you can, it is Dogwood Village. Our speaker this month is Kristen Smith, the Admissions Coordinator for Dogwood Village Health and Rehab.

Kristin will cover the Admissions process to both Health and Rehab and Senior Living. Information on how to plan, insurance rules and insurance coverage of both buildings. As well as amenities offered, who to contact and general frequently asked questions.

Kristin has worked in the industry for 18 years and has spent her time assisting patients and their families with the transition to Skilled Nursing and Long-term care from the community. Ms. Smith graduated from Christopher Newport University in 2005 with a Degree in Social Work and spent the first 4 years at Dogwood as a Social Worker before transitioning to Admissions.

Kristen is involved in local community coalitions including CRH, UVA and MJH to help reduce hospital readmission and patient transitions.

In her spare time, she enjoys spending time with her family and friends here in Orange County. She is happily married to a local Orange County Deputy, Captain Jason Smith and they have two children Trenton and Campbell.

## **Sheriff's Office Triad Program - Keeping Seniors Safe & Home Security Surveys - Beth Drabant, Triad Liaison**



Continuing our series of articles to inform AARP members about services offered through the Orange County Sheriff's Office Triad Program, today we focus on:

### Home Security Surveys

Criminals look for “easy targets.” A Home Security Survey is a free service that identifies ways that home owners can make their property a “hard target” that is safer and more secure against crimes such as theft, home invasion, and vandalism.

How does it work? Schedule an appointment for the Triad Coordinator to meet with you at your home to conduct the survey using the principles of Crime Prevention through Environmental Design (CPTED). CPTED is based on the idea that the “proper design and effective use of the built environment can lead to a reduction in the fear and incidence of crime, and to an improvement in quality of life.”

For example, the Coordinator may identify areas with poor visibility that could enable criminals to approach the home without being detected or areas where improving access control and delineation of private property could help deter trespassing or illegal entry.

Some practical applications of CPTED for a single-family home might include:

- Fully illuminate all doorways that open to the outside.
- Keep trees and shrubs trimmed back from windows, doors and walkways.
- Use walkways and landscaping to direct visitors to the proper entrance.
- Make the street address clearly visible from the street.

To learn more about Home Security Surveys or to schedule an appointment, please contact Deputy Ron Kesner, Triad Coordinator, at [rkesner@orangecountyva.gov](mailto:rkesner@orangecountyva.gov) or 540-672-1536.

## Breast Cancer & Mammograms – Carolyn Durphy



For four decades now, the country has recognized October as national Breast Cancer Awareness Month. It is time annually devoted to educating everyone about breast cancer – including metastatic breast cancer (MBC) – and the importance of early detection and access to timely, high-quality care. Now is the time to make your appointment for your exam.





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