



## PERSPECTIVES - JANUARY 2023

### President's Letter – Pierre Payette

We have successfully completed 5 months since we re-established the Chapter, and we have Carolyn Durphy to thank for keeping us alive during the stressful times of COVID. Carolyn and a small core of others, managed to put out a newsletter every month, and planned and held a picnic in June. Were it not for their efforts, we probably would not exist today. Thank You.

On July 11<sup>th</sup>, I volunteered to run for President of the Chapter. This was followed by others volunteering to fill all of the other positions. At our July 18<sup>th</sup> meeting, I was nominated, and elected. There were only 32 attendees at that meeting, so I wasn't elected by a mandate. At our August 15<sup>th</sup> meeting the new officers were installed by Lee Frame.

On Sept 10<sup>th</sup>, we held a food drive with the “Tiques”, to benefit the Wilderness Food Pantry. It was very successful. Then we held a Yard Sale October 17 at the Lion's Pavilion at Sweetbriar Park, chaired by Karen Kovarik, that was also very successful. At our November 14 Board Meeting, we were given the report from the Treasurers Audit, which was conducted by Irving Grimes. There were no major issues with the Audit, but it was noted that we are not always following the VA State AARP guidelines. Irving met with our Treasurer, Kathy Saladino, and gave her some suggestions on some changes that should be made. The Chapter is going to have a Special Board Meeting in February to discuss the Audit, and create a working budget for 2023. Also at the November Board Meeting, charitable donations for 2022 were discussed. It was determined that we had a total of \$1500 to donate. Many charities were discussed, before 6 were chosen. They were: Wilderness Food Pantry; LOW Fire & Rescue; Paul Stefan House; Living Waters Free Clinic; TRIAD; and S.A.F.E. We decided to split the \$1500 evenly and awarded \$250 to each. At the November 21 meeting the revised Standing Rules were voted on, and accepted. Also, Deborah Conrad was nominated for Secretary, and was elected. She is replacing Beth Drabant, who has done an outstanding job for us. All the other Officers and Directors had agreed to stay on another year. We had 46 people take a trip to the Biltmore, in NC. We had many activities, but the highlight was a Candle Light Tour of the mansion. The trip was very successful, and profited \$1350, which will be given out to charities next December. Our December 19 meeting was our annual Christmas party, and was held at the Community Center. Lee Frame installed the new officers, and the charitable donations were given out to

representatives of the selected charities. Thank you to all who made it a success. All the tables and chairs were set up that morning, the tables were all decorated nicely. There was a lot of delicious food prepared and consumed, then everything was taken down and put away. A lot of people were involved, and I thank you all.

We start the new year off with a Board Meeting on January 9<sup>th</sup>. We will be assigning Committees to the Directors, and planning the way to go for the year. We have decided to go back to some of the things that we used to do, and not focus so much on fund raisers. Potential activities could be re-establishing the Safe Drivers Course, Doing the Carfit, and VIN etching programs, resuming the Day of Service, and maybe volunteering at some of the non-profits in the area. We could use additional volunteers for some of the committees. Please feel free to step up. I am looking forward to an exciting and fulfilling 2023.

Our next Board meeting will be on January 9, and our next General Meeting will be on January 16 (Martin Luther King Day). Due to the Clubhouse not re-opening until after our meeting, **the January general meeting will take place in the Lower Level Clubhouse!!!**

I am looking forward to an exciting and fulfilling 2023.

### **Volunteer Hours – Dave Kraus**

If you have not finished reporting your 2022 Volunteer hours please do so right away so that they can be included in our chapter report to Virginia AARP of hours donated in service to our organization. They can be sent to Dave Kraus via email – [krausman369@gmail.com](mailto:krausman369@gmail.com). At our meeting in January we will start collection of 2023 hours.

We can report only those hours spent on an activity sponsored by our chapter. That includes time spent performing your duties as a chapter officer or committee member. We no longer include hours spent on behalf of other organizations.

### **January Speaker – Joan Albertella**

#### **AARP: Honors a Special Guest Major General(Ret) Heidi V. Brown, The Road Less Traveled**

On Monday, January 16<sup>th</sup> AARP's regular meeting we will meet Major General (Ret) Heidi V Brown.

Her speech will focus on her background, opportunities, mentors and bosses who were instrumental in her professional advancement.

Now in civilian life she has served on our LOWA Board of Directors and is Vice-President of the Lionesses.



## **NOW WE CAN POP INTO THE STORE FOR HEARING AIDS**

Or can we? With a single pair of prescription hearing aids costing as much as \$6,000 - and few health insurance plans covering the devices – many people who need them have simply been priced out until now.

Following years of Congressional effort, the FDA paved the way in August for over the counter (OTC) hearing aids to become available to adults without a prescription. OTC versions were expected to become widely available from big box stores, drugstores and websites by October.

The much-heralded announcement marked a shift in a long standard process that required comprehensive testing with an audiologist or physician before a person could get hearing aids. Now picking up a pair of hearing aids might be as straightforward as choosing a new pair of reading glasses. But can OTC hearing aids be as effective as prescribed versions?

“Their potential is good, but there are going to be some hiccups as well.” says Dr. James Naples, an otolaryngologist at Beth Israel Deaconess Medical Center. “They offer easier access to hearing aids for a huge portion of the public, but my concern is they will delay diagnosis for those who have a condition that needs to be addressed.”

The biggest pro? OTC versions should be far less expensive than prescription hearing aids, though still hundreds (or rarely thousands) of dollars, he says. Still the expertise that helped create these products costs money. If people expect \$10 aids, they may not get the technology they need to hear well.”

OTC hearing aids also pose several cons. Dr. Naples says.

- They can't treat all forms of hearing loss. “They should be labeled with a list of symptoms that point you toward calling a doctor,” he says.
- They can't be customized to amplify certain sounds or tune out background noise, as prescription versions typically can. You are probably going to be choosing a one-size-fits-all model, as opposed to optimizing sound just for your hearing pattern.
- They cannot be easily fixed. Audiologists can often repair a broken or malfunctioning prescription hearing aid, acting as a form of insurance policy if you need help. OTC versions are not likely to offer such obvious support.

Ultimately, “It's impossible to tell” who would be best suited for OTC hearing aids. If your needs fit the one-size-fits-all model, then you may be great with OTC. Not everyone needs to spend thousands of dollars on hearing aids, but until you try them out, you don't really know.

Source: Harvard Women's Health Watch, November 2022

## **AARP TaxAide – Pam Archer**

The LOW AARP TaxAide site will once again be assisting with e-filing Federal/State tax returns in the lower level Clubhouse on Fridays and Saturdays Feb 3 - Apr 15 from 8:45am-1:15pm. Please pick up your information packet from the Wilderness Library lobby (available by mid-January) and call our scheduler at 540-318-0345 once you receive ALL your tax forms.



### **Sunshine Report – Vi Liberti**

A sympathy card was sent to Barbara Smith upon the death of her husband Brian. The Smiths were members pre-Covid.

## **January Birthdays – Pam Archer**

Joan Albertella, Elizabeth Arndt, Raymond Arndt, Richard Bergmann, Katherine Causby, Lee Defibaugh, Pam Defibaugh, Jane Gullickson, Karen Kovarik, Angelo Laviano, Toby Musatow, Skip Poole, Marlene Wareham, and Bill Wemmerus



## **Email – Pam Archer & Sandy Davis**

We are in the process of creating a new email for Chapter 5239. Later this month you should receive an email to verify the email we have on file for you. Once we have the new email in place we will close out the yahoo email. Look for more info to come!





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### AARP Chapter 5239 Officers, Directors and Committee Chairs

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