



PERSPECTIVES - FEBRUARY 2023

Presidents Letter – Pierre Payette

Hello everyone. First of all, I want to say how much I enjoyed last month's Speaker, Heidi Brown. Very informative and interesting presentation. Joan and Bill are doing a fine job providing Speakers at our Monthly Meetings.

This month's meeting will be in our regular venue, the Great Room in the upper level of the Clubhouse. 10:00 am on Monday, February 20.

There will be a Special Board Meeting on Monday, Feb 13 in order to go over the fiscal audit results, and to come up with a working budget for this year. Hopefully, the budget can be voted on at the Feb 20 meeting.

I have signed us up for two trips this year. The first will be to Chattanooga, TN in June, and the second is to Bethlehem, PA the first week of December. See more under "TOURS AND TRAVELS" on our web site.

Carolyn Durphy has volunteered to take over the task of Sunshine Lady from Vi Liberti. Please keep Vi in your thoughts, as her husband, Frank, passed away this past week. He was a WWII veteran. He and Vi are long-time members of Chapter #5239.



TOURS AND TRAVELS - Pierre Payette & Barbara Ehlen

Chattanooga Choo Choo, Chattanooga, TN 4 days, 3 nights, June 13 - 16, 2023
\$729 per person, double occupancy. Includes 3 nights lodging; 3 breakfasts; Southern Belle Riverboat Cruise; 3 train rides, including The Missionary Ridge Local, Lookout Mountain Incline Railway, Blue Ridge Scenic Railway; Rock City Gardens; motor coach transportation; luggage handling and taxes and meal gratuities.

Contact Pierre Payette at 540-972-0519 – pierrel14@verizon.net

Tangier Island: End of August. Motorcoach to Reedsville VA to board the boat for a one and half hour cruise to Tangier Island. Spend time in this unspoiled quaint fishing village. Shop, have lunch or take an optional tour of the island in a golf cart. There aren't any cars on the island. Contact Barbara Ehlen at 540-972-7710 – wisecruiser@hotmail.com

Harvest Solomons Island: Oct 7. Explore the variety of restaurants to sample signature dishes and specialty drinks with two sample vouchers included. There will be time to shop and stroll the boardwalk along the Chesapeake Bay and the Patuxent River. Sponsored by Locust Grove AARP Chapter 5239.

Contact Barbara Ehlen at 540-972-7710 – wisecruiser@hotmail.com

Christkindlmarket Bethlehem PA: December 6-8. Enjoy the sights, sounds and smells at this extraordinary holiday event. Shop for one-of-a-kind German handmade crafts and collectibles from artisans all over the world. Visit the famous Koziar Christmas Village to experience a magical stroll through the spectacular displays with over 1 million lights. Price: \$509.00 per person double Sponsored by Locust Grove AARP Chapter 5239.

Contact Pierre Payette at 540-972-0519 – pierrel14@verizon.net

Flyers with more information are available upon request and also on our web site.



February Birthdays – Pam Archer

Heartfelt Birthday wishes to Kathleen Bradie, Neil Buttimer, Beth Drabant, Sue East, Barbara Ehlen, Irving Grimes, Ed Kessler, Patricia Lieb, Kim Lyttle, Mike Musatow, Robin Neff, Doug Pope, Charles Raines, Barbara

Rakes, Micky Talbott, and Richard Ticomb.

Membership Dues – Kathy Saladino and Pam Archer

We are in a new year and of course that means 2023 Chapter 5239 membership is up for renewal. If you have not yet paid your dues for this year please bring \$10 per member to the next meeting or mail a check to: AARP Chapter 5239 PO Box 945, Locust Grove, VA 22508.

Since we don't have the fundraising opportunities that did previously, our dues are important in helping to support local organizations. If your name on the sign-in list at the meeting is in black that indicates you are paid up for the year. Red means you haven't paid yet.

Sunshine Report – Carolyn Durphy

I have come full circle! This is the first job I had when I joined AARP many years ago. This past month we were saddened by the death of Frank Liberti and a sympathy card was sent to Vi and her family. If you know of anyone that needs cheering up or a get well card, please let me know. I can be reached at 540-972-3306 or durphyc@gmail.com.



Concussions – Sandie Frame

How does one tell if you have a concussion?

This question was asked by a person who had tripped over the vacuum cleaner cord and hit their head on the banister. They felt all right afterwards but wanted to know how to tell if they had a concussion.

Few of us haven't hit our heads in some way at some point but a blow like that only sometimes results in a concussion. A concussion occurs when the brain bumps around or twists in the skull and damages brain cells.

After a bump to the head, it is wise to look for concussion signs such as loss of consciousness, headache, or a feeling of pressure in the head, sensitivity to light, nausea or vomiting, eye pain or fatigue, dizziness or imbalance, impaired depth perception, difficulty remembering things, or changes in sleep patterns, nausea.

Get checked out if you are experiencing these symptoms or if you simply have the sense that you are not okay. Your doctor will complete a concussion assessment that may include a balance test, memory and speech evaluation, and a visual test. Seeing your doctor early will give them the ability to tailor a treatment plan to your symptoms if you are diagnosed with a concussion.

Source: *Harvard Women's Health Watch* December 2022
Focus Medica website

Tax Aide – Pam Archer

The LOW AARP TaxAide site is 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 and call our scheduler at 540-318-0345 once you receive ALL your tax forms.

February Speaker – Karen Kovarik

Our guest speaker is Lauren Langstone, Center Manager at the Select Physical Therapy Locust Grove Clinic. She has worked in the Outpatient Physical Therapy setting since her graduation in 2010. Lauren was a collegiate soccer player in Division II at Slippery Rock University where she initially obtained her bachelor's degree. in Exercise Science, and then went on to obtain her Doctoral Degree in Physical Therapy. She lived and worked in Fayetteville, North Carolina for eight years and has lived in Virginia for the past four years. Lauren has continued her professional education by completing multiple advanced courses.



Lauren enjoys working with and getting to know all of her patients with the ultimate goal of returning patients to their prior level of function and helping them to reach their goals.

Decluttering – Joan Albertella

This gentleman was a guest speaker at our chapter a few years back.

"Legacy List with Matt Paxton" is a compelling new one-hour series about our homes, the hidden treasures, heirlooms and the precious memories attached to those items. As millions of Baby Boomers downsize their own homes or settle the estates of family members, they will discover the most important museum in the world is in their family home.

Can be watched at 9PM on Mondays on VPM PBS.

Did You Lose a Watch? – Carolyn Durphy

A silver watch was found on the floor after the AARP monthly meeting last month. It says "Antique Watch Corp" on the back and it appears to be a woman's watch. I will bring it to the next meeting.





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