



PERSPECTIVES - JUNE 2022

**Carolyn Durphy – President &
Pam Archer - Membership**

Hello all – This will be a short newsletter this month. It was so nice to see all of you out to the May meeting (49 present). Looking forward to our picnic on Monday the 20th of this month. It will be a potluck and held at the Lions pavilion by the Community Center from 11:00am to 1:00pm. Please plan to attend and encourage everyone you know to come. Hoping we will have some people step up for the officers and directors positions. The main objective is to keep our chapter going and be a social meeting for us all. Starting in July and for the rest of the year we will have a monthly meeting. We will have our annual holiday luncheon in December.

Also, would anyone like to walk in the July 2nd parade and carry the banner or ride in a car? It would be nice to be represented. There will be a table on the point and a need for people to take turns manning it. Please let Carolyn -972-3306- know as soon as possible if you can take a shift of one or two hours. The table is just as you walk into the beach area in the shade.

Don't Forget the Sunscreen – Sandie Frame

This question was posed by a reader of the *Harvard Woman's Health Watch* "With Summer is full swing, I diligently apply sunscreen every day. But I'm still getting sunburned. Why does that happen?"

Most of the answer will pertain to both men and women. "You're right to be concerned and since getting five or more sunburns in your lifetime doubles your risk of developing melanoma, the most dangerous form of skin cancer.

But sunscreen alone doesn't necessarily protect us from ultraviolet (UV) rays that can damage our skin, fueling changes that promote aging and possible cancer growth. Other factors also make our skin more vulnerable to burns. These include.

- using skin care products that slough off the skin's top layers, such as retinoids or glycolic acid.
- taking antibiotics or diuretics (water pills) which allow the skin to burn more quickly and with less sun exposure.
- applying old sunscreen which can lose the potency if expired or exposed to extreme temperatures over time.
- reading on a tablet or other screens while outdoors which raises your UV exposure by reflecting the sun glare on your face and neck.

While no sunscreen blocks of UV rays make sure you use a broad spectrum version labeled SPF 30 or higher. Your odds of getting burned also drop if you stay out of the sun entirely at midday, from 10 a.m. to 3 p.m., when UV rays are strongest.

Source: *Harvard Women's Health Watch* Volume 29 Number 10 June 20, 2022

If anyone would like to see if I can find articles related to any specific topic, you can email me at sandraframe@comcast.net or call me at 540-972-6385.

Highlights of the May Meeting – Beth Drabrant

The main purpose of the meeting was to establish whether or not to continue the chapter. By a show of hands, it was agreed to keep it going and there were a number of people that said they would be willing to take a position. As discussed, we need all new officers and 5 new directors. The nominating committee consisting of Garry Archer, Al Rico and Dave Kraus will be contacting these people. We would like to establish a new slate of officers as soon as possible.

We need to have someone help with updating the chapter pamphlet to distribute at the “Meet & Greet” for residents and to include in the new member packets that are handed out when they move in.

We will put a notice in the upcoming Lake Currents to let the community know that the chapter is going to continue.

Please let Joan Albertella or Bill Ruark of any suggestions for speakers for our monthly meetings.





AARP 5239
PO Box 945
Locust Grove, VA 22508

www.aarp5239.org

AARP Chapter 5239 Officers, Directors and Committee Chairs

OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Vice President	Paul Conrad	216 Wilderness Ln	540-993-9459	paulattylaw@yahoo.com
Secretary	Beth Drabant	530 Harrison Cir	703-399-4769	ead333@yahoo.com
Treasurer	Vacant			

DIRECTORS

Director	Karen Kovarik	501 Wakefield Dr	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerrynjudy@msn.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	gstoner65@gmail.com
Director	Al Rico		501-400-2527	alrico@peoplepc.com
Director	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Past President	Vacant			

COMMITTEE CHAIRS

Chicken BBQ Chair	Vacant			
Driver Safety Class	Vacant			
Email	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Food Pantry Liaison	Garry Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Lead Greeter	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
Legislative	Vacant			
LOW Name Tags	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
Medical	Sandie Frame	103 Woodland Trl	540-972-6385	sandieframe@comcast.net
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Perspectives	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	durphyc@gmail.com
	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Photographer	Bill Ruark	216 Confederate Cir	540-219-8261	wtruark@gmail.com
Program Co-Chair	Bill Ruark	216 Confederate Cir	540-219-8261	wtruark@gmail.com
	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Public Relations	Vacant			
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Rd	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green St	540-972-3326	callwood@aol.com
	Rani Manhard	310 Hillside Dr	540-972-7859	ranilow@verizon.net
Sunshine	Vi Liberti	115 Parliament St	540-972-1272	parliament115@verizon.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trl	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Wy	540-399-1531	
Volunteer Hours	Dave Kraus	127 Indian Hills Rd	571-334-4913	krausman369@gmail.com
Web Master	Sandy Davis	108 Cedar Ct	304-629-1662	sandyd111111@gmail.com