

PERSPECTIVES

February 2020

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

By Carolyn Durphy

A Happy Valentine's Day to you all. And it is also Leap Year this month! It was a great turnout at last month's meeting and a start to another term for me. I thank you for all your support in helping keep this chapter "alive and running". Please feel free to call me at any time with questions or concerns.

We had our first board meeting on January 13 and got a lot accomplished. Our new Board of Directors are Judy Schrage, Pierre Payette, Greg Stoner, Karen Kovarik, Al Rico, Paul Conrad and Larry Eiben. Please log on to the chapter website to see what committees they oversee. Do check the website for upcoming events and read the Perspectives. There are also a lot of pictures of trips and of the previous monthly meeting.

After Michael D'Ostilio's talk last month, how many of us have begun to declutter? It sure gave us a lot to think about. Just try to look at one room or area at a time and not get too overwhelmed by it all.

Just a reminder, we are in need of someone to take over the publishing of

the Perspectives and also someone to take over the Web Master job. These are important jobs and I would hate to see them fall by the wayside.

I leave you with a thought this month. Remember a single rose, box of candy or a hug for someone will make their day and put you on their "nice person" list!!!!

Note from your Perspectives Newsletter Editor- Peggy Powell

I will be stepping down as editor of your Perspectives Newsletter after the March issue due to health issues. I sincerely hope that someone will step up and volunteer to take over this very worthwhile task.



Roadmap to Estate Planning

By Carolyn Durphy, President

Do you have a plan in place for your care while you are on this earth? For the management of your assets for your

care? For the distribution of your assets upon your death?

Katherine Charapich, Esq. will be presenting a program providing the latest guidance on estate planning and the legal documents needed to ensure you have a plan in place that is up-to-date to protect you and your assets now and in the future.

Katherine is a lawyer based in Culpeper, Virginia, focusing on estate planning and elder law matters. She presents how the use of estate planning documents such as trusts, wills, power of attorney and advance medical directives work for us. This provides protection of the assets of a person's wellbeing should they become incapacitated. Also, transferring remaining assets to beneficiaries.

Come and learn from Katherine at our monthly meeting, Monday, February 17th at the LOW Clubhouse at 9:30AM for donuts and such with coffee and then the meeting will begin at 10:00AM.



FEBRUARY BIRTHDAYS

By Pam Archer, Membership

Kathleen Bradie, Neil Buttimer
 Elizabeth Drabant, Sue East
 Barbara Ehlen, Irving Grimes
 Ed Kessler, Frank Liberti
 Patricia Lieb, Kim Lyttle
 Mike Musatow, Robin Neff
 Doug Pope, Charles Raines
 Barbara Rakes, Eva Rico
 Micky Talbott, Richard Ticomb



by Joan Albertella

Get Well Card sent to Connie Connon

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

2020 AARP CHAPTER DUES

It's time to pay our annual dues of **\$10**. You can pay your dues at the Monthly Chapter Meeting by visiting the desk of our Treasurer, Joe McEuen. Another option would be to mail in your check for **\$10** to the following address:

AARP CHAPTER 5239
 P. O. BOX 945
 LOCUST GROVE, VA 22508

FIRE & RESCUE

LOW PHONE BOOK

**Carolyn & Dick Durphy
 F&R Auxiliary**

It is that time again to put the 2020 book together. Please send us any changes you have. Also, if you have new neighbors or know of someone new to our community, please have them send us their information. If you belong to an organization that has name changes, let us know that also. All the organizations are in the front of the book.

Send all changes to dickd9@msn.com or Call 540-972-3306.

FREE TAX PREPARATION SERVICE

AARP Foundation is offering free tax preparation services in the lower level of the clubhouse every Friday and Saturday from 9am to 2pm. Call **540-268-8837** to make an appointment.

TOURS AND TRAVEL



**PA Amish Lands
By Pierre Payette**

There are still seats available !

PA Amish Lands, featuring Sight and Sounds presentation of "Queen Esther". **May 4 - 6, 2020, (3 days - 2 nights)**. 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 (one at an Amish Homestead, and another at Shady Maple Smorgasborg). Participate in a Chalk Talk presentation by artist Elva Hurst. Guided tour of the Amish countryside including stops at Kitchen Kettle Village, Bird In Hand Farmers Market,

an Amish farm featuring quilts and Amish crafts, and a bake shop.

Cost is \$425 per person, dble occupancy, (\$525 single), and includes motor coach transportation, luggage handling, taxes and gratuities for meals and motor coach driver, everything except your lunches and personal purchases.

\$25 per person refundable deposit required at sign-up.

SAVE THE DATE: May 4 - 6, 2020. Bus will depart from Lake of the Woods, and Gordon Road commuter lot.

Don't miss out! Please call Pierre at (540)-972-0519 (leave msg) or email at pierre114@verizon.net

Flyers are available, and posted on the AARP 5329 website under "downloads".



**Lake of the Woods
Volunteer Fire & Rescue
Company**

**By John P Farrell Jr.,
Volunteer Firefighter**

As the temperatures drop, and the potential for snow and black ice

increases, your local volunteers, in conjunction with the National Highway Traffic Safety Administration (NHTSA) and the American Automobile Association (AAA), want to inform our community of some winter driving safety tips that may help you and your loved ones.

Did you know?

- ***Winter storms, bad weather and sloppy road conditions are a factor in nearly half a million crashes and more than 2,000 road deaths every winter.***

Source: AAA Foundation for Traffic Safety

Severe weather can be both frightening and dangerous for travelers. However, there are some actions that you can take before you go out to help mitigate your risk as the chilly temperatures of winter set in.

Cold Weather Driving Tips

Sources: AAA and NHTSA

- Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a window scraper, blankets, medications, and more.
- Make certain you have at least half a tank of fuel and that your tires are properly inflated and have plenty of tread.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Do not use cruise control when driving on any slippery surface, such as on ice and snow.

Tips for Driving in the Snow

- **Drive slowly.** Always adjust your speed down to account for lower traction when driving on snow or ice.
- **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight.
- **Increase your following distance.** This increased margin of safety will provide the longer distance needed if you have to stop. Remember: It takes longer to slow down on icy roads.

Tips for Long-Distance Winter Trips

- **Be prepared and check the weather:** Check the weather along your route and when possible, delay your trip if bad weather is expected.
- **Stay Connected:** Before hitting the road, notify others and let them know your route, destination and estimated time of arrival.

Finally, as part of good community risk reduction, each household should have a basic emergency kit in their vehicle. If you would like more information about how to build a basic emergency kit for you and your loved ones, please contact us at www.lowfr29.com

Downsizing/Decluttering

By Larry Eiben

At our last monthly meeting we received an excellent presentation on Downsizing/Decluttering. Something many of us will face when the time is right. One of the important items to remember when downsizing is where to dispose of your "stuff". It has been noted that family members are not always welcoming of your "stuff" other alternatives may be necessary. I have listed below some locations/charities that take "stuff" which will eventually benefit those in need. As you review this list, and have any additional locations to add, please advise. Hopefully we can have this list on our web site for your use when needed:



Lake of the Woods Lions
540-495-0640

The Brisben Center
471 Central Road
Fredericksburg, VA. 22401
540-899-9853

Salvation Army Thrift Store
2010 Lafayette Blvd
Fredericksburg, VA
540-891-2242

Goodwill Donation Center
36127 Goodwin Drive
Locust Grove, VA. 22508

Goodwill Thrift Store
7101 Harrison Road
Fredericksburg, VA.
540-412-6564

Christ Church Thrift Shop
8951 Courthouse Road
Spotsylvania, VA

Habitat For Humanity
2378 Plank Road
Fredericksburg, VA. 22401
540-891-5009
contact@fredrestore.org

Micah Ecumenical Ministries
1013 Princess Anne Street
Fredericksburg, VA
540-479-4116

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

www.aarp5239.org

This Month's Meeting: February 17, 2020

Clubhouse 9:30 AM

Next Month's Meeting: March 16, 2020

Clubhouse 9:30 AM



The Power to Make it Better

OFFICERS

President	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Vice President	Paul Conrad	2216 Wilderness Lane	540-993-9459	Paulattylaw@yahoo.com
Secretary	Robin Chewning	13809 Chewning Lane	540-854-5014	clpapercarrier@aol.com
Treasurer	Joe McEuen	110 Yorktown Blvd	540-972-2054	MAC3RDGD@gmail.com

DIRECTORS

Director	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerryjudy@gmail.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Director	Al Rico	102 Tallwood	501-400-2527	alrico@peoplepc.com
Past President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryjeiben@gmail.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryjeiben@gmail.com
Driver Safety Class	Elaine Cook		703-309-4810	Fidelisec@yahoo.com
Email	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Food Pantry Liaison	Linda Merrell	505 Mt. Pleasant Drive	540-219-4345	lhmerrell@comcast.net
Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com
LOW Name Tags	Carolyn Durpny	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Pam Archer	1101 Eastover Pkwy	607-237-5018	archers0526@gmail.com
Perspectives	Peggy Powell	103 Tall Pines Avenue	703-622-5401	pegpowl@aol.com
Photographer	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
Program Co-Chair	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
Program Co-Chair	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Public Relations	Madeline Salustri	202 Cornwallis Avenue	540-412-2950	madalsal@comcast.net
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
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	
Volunteer Hours	David Kraus	127 Indian Hills Shores	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com