



PERSPECTIVES - AUGUST 2022
Carolyn Durphy – Outgoing President &
Pam Archer – Membership

This being my last letter as President, I want to thank all of the Locust Grove AARP 5239 members for sticking with me during the past two years. The COVID-19 pandemic sure threw us for a loop!!! I am so pleased that we have a new slate of officers and a good start with our meeting last month. It was so wonderful to see all of our old friends back and to see so many new people come to join us. I look forward to still being involved doing my duties as one of the Directors, and working with Pam on the Perspectives. Please feel free to offer us any articles you feel would be informative for our chapter or just something funny that may get a chuckle. As you know we like to have a good time and enjoy each other's company at our meetings. Also, Joan and Bill always have good speakers for us to enjoy and learn from. Again, thank you all for your support during this stressful time.

New President's Message – Pierre Payette

Hello Everyone,

I will be your new President until December 2023. All of the offices were filled, and most officers and directors have agreed to serve until December 2023. I received a resignation Sunday from Al Rico, so we have to replace **one Director**. We may have an election this coming November for 1 or 2 other openings if they arise.

The four Officers (President, Vice President, Treasurer, and Secretary) along with the 5 Directors and the Past President all met informally for a work session on Monday, July 25. We discussed the way forward for us, and discussed a few issues such as committees, fund raisers, etc. We will be doing a few new things, and not doing some of the things we have been doing in the past. I will discuss some of this at our August 15 meeting. Most committees are staffed, but we could use a few volunteers for some of them. A new member, Susan Bhuller has volunteered to be the Lead Greeter. We could use a second greeter if anyone is interested.

I look forward to our journey together over the next year and a half. I will do my utmost to keep the ship on an even keel.

August 15th Meeting – Joan Albertella

ORANGE COUNTY 101, BY “PROFESSOR” LEE FRAME

Our August speaker, Lee Frame, has served on the Orange County Board of Supervisors for the past 15 years, and is exceptionally well qualified to instruct us on county organization, and the current issues—from county roads to fiber optics— that it faces. Do bring your questions. Lee and his wife Sandie have lived here for 22 years after he served 30 years in the US Navy. Lee's activities are many: 15 years on Fire and Rescue, now a life member of the Fire & Rescue Company; 15 years with the LOW Lions, founding member of the Vets Club, Chairman of the Dogwood Nursing Home and Rapid Service Authority, plus leading and cameo roles with the LOW players.

Membership – Pam Archer

Thank you to all of the members who paid their 2022 dues at the July meeting or have sent them in via good ole' snail mail. Just a gentle reminder that dues are \$10 for each member (\$20 per couple) for 2022 and currently due. There will once again be someone at our August 15th meeting to collect dues (checks preferred) for those attending or you can mail a check to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508.

Also, now is the time to dig out your nametag if you have one (AARP Chapter 5239 or ANY sturdy nametag from any organization). We are pursuing options for ordering nametags for anyone interested. Of course, we always have blank stick-on tags when you sign in if you forget or don't have one.

It was great to see both familiar faces and several new faces at the last meeting! Since we seem to be gaining some new members let's try to remember to wear our nametags to help identify ourselves to them (or a reminder for people we haven't seen in a couple of years...)

On a final note, please invite your neighbors and friends to join our local chapter for fun and fellowship. Tell them about our informative and interesting speakers. We're back and working to be better than ever!

Food Drive – Garry Archer

With rapidly rising prices creating additional strain on the Wilderness Food Pantry, our Chapter will be assisting with the 'Tiques Club to hold a Food Drive on Saturday, September 10th from 9am till 1pm at the front gate. Volunteers will be needed to help with collection of food. If you can donate a couple of hours that day please be sure to sign up at our August meeting.

Save the Date - Fundraising

We are considering a table at the Community Yard Sale on Saturday, October 8th at the Community Center. We will have more details in next month's newsletter. Please speak to a Chapter Board Member with any suggestions for future activities.

Cataract Surgery Linked to Reduced Dementia Risk - Sandie Frame

If you know anybody who has experienced cataracts, then you will know how debilitating it can be to see through a cloudy lens. Cataract surgery successfully restores vision to most people. Still, many people put off or don't seek treatment.

Now a new study gives a reason beyond vision improvement to seek treatment for cataracts: potential protection from dementia.

The study, published in *JAMA Internal Medicine* in December 2021, traced more than 3,000 adults over age 65. The participants had been diagnosed with either cataracts or glaucoma and did not have dementia at the start of the study.

Researchers found that those who underwent cataract surgery were 30% less likely to develop dementia within 10 years of the procedure than were those who did not have the surgery. The study compared outcomes to those of people having glaucoma surgery – which can slow the disease but does not improve vision. This group did not show the same reduced risk of dementia.

The study's researchers could not offer a clear reason why cataracts correlate with dementia, but they hypothesized the higher quality sensory input after surgery may safeguard brain performance.

Mayo Clinic experts confirm that fixing sensory deprivation – vision in this case, but also hearing loss – seems associated with protections from dementia. However, they caution that a cause-and-effect relationship has not been fully proved with these study results. It is always possible that those who underwent the surgery may have been healthier either cognitively or overall.

Regular eye exams can help detect cataracts and other eye disease early, ideally keeping your eye-brain connection in good health. Have your eyes checked every year or two if you are age 60 or older. If you have cataracts, talk to your health care provider about how treatment might benefit you.

Source: *Mayo Clinic Health Letter* Volume 40 Number 6 June 2022

Tours and Travel – Pierre Payette



Christmas at the Biltmore House in Asheville, NC, from Dec 6, thru Dec 9, featuring a Christmas candle light tour of the mansion.

The trip is 4 days/3 nights and includes 3 nights lodging, 3 breakfasts, 3 dinners, daytime visit to the Biltmore grounds, guided tour of Asheville, including the Folk Art Center, Blue Ridge Mountain Opry, and more.

Price is \$699 per person for double occupancy, and includes motor coach transportation from Lake of the Woods, luggage handling, taxes and meal gratuities. **Add \$220 for single occupancy.**

Trip flyer is available on the AARP website: www.aarp5239.org under "downloads."

Seats are going fast. Contact Pierre Payette - pierrel14@verizon.net or 540-972-0519



August Birthdays – Pam Archer

Wishing Warmest Wishes to our members with August birthdays: Anne Boyd, Helen Brewer, Judy Chess, Alice Clune, John Connon, Deborah Kratzer (Conrad), Lee Frame, Betty Hughes, Jane Ketch, Martha Keys, Connie LeMay, Dave Lyon, Eileen McFarland, Marilyn McKay, Vera Moody, Mike Pulice, Mildred Russinko, James Shorten, and Emily Slunt.

Sunshine Report – Vi Liberti



If you know of anyone in our chapter who is ill, in the hospital or had a death in the immediate family, please let Vi know so she can send a card. Her number is 540-972-1272.

Note – If anyone inadvertently picked up one of our clipboards at the last meeting could you please return it at the August 15th meeting or let Pam Archer know you have it and she can make arrangements to pick it up.





Locust Grove AARP Chapter 5239
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