



## PERSPECTIVES - MAY 2023

### **Presidents' Letter** – Pierre Payette

Hello everyone. I hope that you all had a nice Easter. Irene and I, and a few family members, went to the Easter Brunch at the Clubhouse. The food was delicious, and there were many selections to choose from. We were very pleased and are planning to go again next year.

May I remind everyone that Aging Together's tenth 5-over-50 celebration is honoring 5 people from the area. Our own Lee Frame, is the honoree from Orange County. There will be a celebration for Lee at the LOW Clubhouse on May 17, from 4 to 6 PM. There will be free refreshments. Please register at [www.agingtogether.org/5-over50](http://www.agingtogether.org/5-over50) to ensure that enough refreshments are available. Please support Lee by attending.

Looks like VIN Etching (Vehicle Identification Number) will be a go this Fall. The VA State Police have agreed to come here and do it. More info to follow.

Our June meeting will be our annual picnic at Sweetbriar Park. Please sign up at our May meeting, as a volunteer.

It seems that we may be offering a Defensive Driving Course in the future. A volunteer has agreed to possibly run it, and is working with the State AARP on setting it up. More to follow.

Our next Board Meeting is Monday, May 8, 10 AM at Fareways. ALL are welcome. Next General Meeting is Monday, May 15, 10 AM at the Clubhouse (refreshments at 9:30).

I would like to wish all the mothers, a very Happy Mother's Day!

## May Guest Speaker – Karen Kovarik

“Digging Deeper” into Montpelier - May springs forward with five Mondays, which means AARP will be May 15<sup>th</sup>, and will be here before you can sneeze!

Our speaker will be Hilarie M. Hicks who has been on staff at James Madison’s Montpelier since 2010, and is currently the Senior Research Historian, conducting documentary research in support of the Montpelier Foundation’s many programs. She served on the research and writing team for the award-winning exhibition *The Mere Distinction of Colour*, and is currently writing biographies of the enslaved for The Naming Project on Montpelier’s *Digital Doorway* website. She is also a regular contributor to the website’s “Digging Deeper” blog on a wide variety of Madisonian topics.

Hilarie serves as a judge in the *We the People* student civics competition and is a past board member of the Orange County Historical Society. Before coming to Montpelier, Hilarie served as Curator of Interpretation at Tryon Palace Historic Sites & Gardens (New Bern, NC) and Executive Director of the Rosewell Foundation (Gloucester, VA). She is an alum of the College of William and Mary (B.A.), the Cooperstown Graduate Program in History Museum Studies (M.A.), and the Seminar for Historical Administration.

## Tours & Travel – Barbara Ehlen & Pierre Payette

- **Tangier Island Trip:** September 27, 2023 - Departing by motorcoach from Lake of the Woods at 7:00AM to Reedsville, VA then cruise on the Chesapeake Breeze to Tangier Island. Enjoy lunch, a stroll around this quaint fishing village or enjoy a golf cart tour around the island. In the afternoon board the boat for the cruise back and return home around 6:00PM. The cost of the trip is \$99.00. Contact Barbara at 540-972-7710 or [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com).
- **Chattanooga Choo Choo:** Pierre will be passing out luggage tags at the General Meeting on May 15, to all participants who are there. Surprisingly, not a single person has cancelled this trip. I don't think that this has ever happened before. I will be sending out more information to those going on the trip.
- **Casino in Charlestown:** Pierre is disappointed to say that this trip has been cancelled due to lack of participation. The numbers don't come close to paying for the bus. I was willing to take a slight loss, but not a loss close to \$1000. Everyone who signed up will receive a full refund. You win some and you lose some.

## **Programs – Bill Ruark & Joan Albertella**

An open invitation to all AARP members to please let Bill and Joan know of any speakers or topics that you would like them to put together for us.

## **Salt Substitutes – Sandie Frame**

Are salt substitutes, like those with potassium instead of sodium, healthier than table salt? They could be. Many Americans go well over the recommended daily limit of 2,300 milligrams (mg) of sodium – consuming around 3,400 mg a day. High amounts of sodium in your diet can lead to high blood pressure, which in turn can contribute to heart disease, stroke, and kidney disease. This means cutting back on your salt intake is often a good idea.

Typical table salt is a combination of sodium and chloride, and one teaspoon has 2,325 mg of sodium. Salt substitutes swap to difference minerals – such as potassium or magnesium for some or all the sodium.

Salt substitutes can be a healthier choice. A recent meta-analysis of 21 studies in the Journal Heart found that replacing some of the sodium in salt with potassium was associated with lower blood pressure, decreased risk of cardiovascular death, and decreased risk of cardiovascular events such as heart attack and stroke.

However, there are a few cautions. If you are using a substitute that includes sodium, you may still end up consuming quite a bit of sodium, especially if you are liberally sprinkling to get that familiar salt taste. Too much potassium can be harmful, especially for people who have kidney disease or take certain medications associated with increased potassium levels, such as angiotensin-converting enzymes (ACE) inhibitors, angiotensin receptor blockers (ARBs), or mineralocorticoid antagonists such as spironolactone (Carospir, Aldactone) or eplerenone (Inspra). In addition, salt substitutes may not be iodized as typical table salt is. This may put you at risk of an iodine deficiency especially if you do not eat dairy, seafood, or eggs. For these reasons it is important to check with your health team before switching to a potassium-based salt substitute. Finally, while some people cannot tell the difference between salt and salt substitutes, others say the taste of the substitutes is bitter or metallic.

Even if you don't use a salt substitute there are several good strategies to limit your salt intake. You can adapt to the taste of less salt by gradually decreasing your salt intake. This can be by limiting processed, frozen, and canned foods and using more fresh foods. While you are adjusting, pump up the flavor with spices and other ingredients such as garlic, ginger, chili powder, onion or onion powder, lemon juice or vinegar.

Source: Mayo Clinic Health Letter Vol. 42, No.2 February 2023

## **May Birthdays – Pam Archer**



Blooming May Birthday Wishes to: Ed Bunting, Mike Derreberry, Vicky Fleming, Alice Grgas, Clive Loudon, Rani Manhard, Judi Marzolino, Janet Moss, Linda Ogletree, Pierre Payette, Patti Pfeifer, Deborah Raines, Kathleen Saladino, David Schubert, Robert Spencer, and Linda Ticomb.

## **Community Yard Sale – Garry Archer**

AARP of LOW will be participating in the Community Yard Sale at Sweetbriar Park on June 3, starting at 9 AM. The sale will run to about 2 PM and we will need to pack it all up and take it over to the Lions building near the trash compactor after the sale is over.

**HOW CAN WE HELP?** There will be a sign up for those willing to help price, transport, or sell these items. We will collect items at our meeting on Monday May 15th. There will also be two drop off points: 1101 Eastover Parkway (Garry and Pam Archer) - please call first to drop off – 540-907-7579 or you may also call if you need me to pick something up. We will additionally have a second drop point at 301 Cornwallis (Judy Schrage – 540-972-4028) – again, please call before dropping off.

Please be mindful this is a sale – so if you realistically think that an item is no longer usable please do not drop it off. In any case, while we can take most items we cannot take the old CRT TVs, soiled clothing, nor soiled fabric furniture. These are the same basic rules we use in Lion pickups.

Thanks to all who help in this fundraising endeavor.

## **Sunshine Report – Carolyn Durphy**

Just a reminder to call or e-mail me if you know someone that needs a cheery card or a card to let them know that we as the local AARP chapter are thinking of them.



## **AARP Shirts – Kathy Saladino**

Pick up AARP shirts, as they have arrived. One extra shirt is available for sale--size large for \$9.00. I will have them at the general meeting on May 15th.

Dues have stayed the same this year. If you have not already done so, do pay \$10.00 at the next meeting or mail a check to our post office box!

**LOWLINC – Ginny Biggs**

**Tech Talk: Fiberlync Services Explained**

May 24, 1:00-2:00pm, Community Center, meeting room 2

Want to learn more about internet service provider options? Join us to learn about Fiberlync, the new high speed, fiber optic internet service being installed throughout Lake of the Woods. Jenny Cord from Fiberlync will provide us with an overview of the internet service levels available, how to decide if full streaming TV is right for you, the costs associated with the new service, and the timeline for service availability in your part of LOW. Please sign up as soon as possible so Jenny can have printed information resources available for all attendees. In the meantime, you can visit the Fiberlync website at [www.fiberlync.net](http://www.fiberlync.net). Open to the community.

Register online or call LOWLINC at 855-569-5462.





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