



***PERSPECTIVES* - MAY 2024**

President's Letter – Garry Archer

I was pleased to see so many members at our April meeting on brain health. This month we will have J. Bryan Nicol, our County Supervisor here to discuss ongoing programs that will directly impact all of us. I am sure he will bring a great deal of both information and clarity to what is in the future for us.

Speaking of the future, our June meeting is rapidly approaching. This is our chapter's annual barbeque. There will be signup sheets for those willing to take a turn at assisting with the grilling of hot dogs and hamburgers. We will also have signup sheets for the potluck portion of the meal.

Finally, a reminder that we have our May board meeting on the 13th at Fairways Cafe. The meeting will begin at 10 am and all members are welcome. If you have any ideas or suggestions about things you would like to see or things you would like us as a club to try to initiate, please come and let's discuss them. Remember this is your club.

Thanks so much to all our members and hope to see you at the May meeting. Wishing all mothers, here and beyond, a Happy Mother's Day and thank you for the love you give!

TOURS AND TRAVEL - Pierre Payette



December 1st - December 6th. (6 days, 5 nights) to Montreal, Canada, featuring Montreal Christmas Markets. City tour of Montreal, Montreal Underground, Notre Dame Basilica, and Montreal Christmas Markets. Package includes 5 nights lodging (3 in Montreal area), 5 breakfasts, 3 dinners, welcome and orientation, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's and guides gratuities.

Cost is \$950 pp double, and \$1349 pp single occupancy. Don't be left out, reserve your spot with a \$25 per person refundable deposit. Payments must be paid in full no later than September 14. Cancellation insurance is available and recommended.

Departure will be from Lake of the Woods, and Gordon Rd. Commuter Lot on Route #3 in Spotsylvania.

Valid U.S. Passport required.

Flyer can be viewed and downloaded at aarp5239.org under "downloads."

For more information and reservations, contact Pierre Payette at 540-0519 or pierre114@verizon.net.

Recycle Beyond the Bag – Nan Lamb

The LOW Lioness Club is collecting plastic bags for the NEXTREX Recycling Challenge that will be turned into a bench to be placed somewhere within the lake. They need 1000 pounds of bags to do this! Our chapter has agreed to assist in this endeavor. Drop off boxes are located on the front porches at 319 Liberty Blvd and 419 Wilderness Drive. Or you can bring them to our meetings and Nan Lamb will deposit them appropriately.

From the store - Produce bags, store bags, ice bags

From your pantry - Ziploc & other re-closable bags, cereal box liners, case overwrap, bread bags

From your front door - Newspaper sleeves, dry cleaning bags, bubble wrap, plastic e-commerce mailers

Note: this clarifies plastic bag recycling that was brought up earlier in our meetings.

HOW TO TREAT A NOSEBLEED – Joan Albertella

Nosebleeds can happen and are usually minor. However, people on blood thinners may have worse nosebleeds,



Steps to take:

1. Sit upright and lean forward to reduce the pressure on your nasal veins.
2. Pinch both nostrils shut with your thumb and index finger for approximately 5-10 minutes. Repeat if necessary.
3. After bleeding stops don't pick or blow your nose or bend down

Some nosebleeds require medical care if the bleeding is severe, last longer than 30 minutes or interferes with your breathing. Also have a nosebleed checked out right away if it follows an injury such as a fall or car accident. Talk to your doctor if you're having nosebleeds more than once a week to determine the cause and risk factors.

Source: Mayo Clinic Health Letter

Note: Joan graciously agreed to take on this task for the time being but would greatly welcome anyone else to assist with writing the Health articles. Please contact her if interested.

May Birthdays – Pam Archer



Bouquets of wishes to our members with May birthday wishes: Ed Bunting, Mike Derreberry, Clive Loudon, Rani Manhard, Reg Murphy, Pierre Payette, Patti Pfeifer, Kathy Saladino, and Linda Ticomb.

A belated birthday wish to Noah Rakes, whose April birthday was overlooked!

Pill Bottles - Kathy Saladino

Just a note that we are NOT collecting pill bottles. The clinic must have new ones only as stated by the pharmacist; the director did not know that when our member asked at a presentation if they could use them.

Raising Postal Rates in July – Kathy Saladino

The U.S. Postal Service is planning to raise postal rates starting July 14, 2024. Here are the changes:

- The price of a **First-Class Mail Forever stamp** will increase by **5 cents**, going from **68 cents** to **73 cents**.
- For metered First-Class Mail, the price will rise from **64 cents** to **69 cents**.
- Domestic postcards will cost **56 cents** (up from **53 cents**).
- International postcards will be priced at **\$1.65** (up from **\$1.55**).
- The price for an international letter (1 oz.) will also be **\$1.65** (up from **\$1.55**).
- The additional-ounce price for single-piece letters will increase from **24 cents** to **28 cents**.

The Postal Service is also seeking price adjustments for **Special Services products**, including Certified Mail and money order fees. Notably, there will be **no price increase for Post Office Box rental fees**, and the Postal Service will apply a **10 percent price reduction for postal insurance** when mailing an item.

These adjustments are necessary to achieve the financial stability outlined in the organization's **Delivering for America 10-year plan**. Despite the changes, USPS prices remain among the most affordable in the world. If you have any other questions, feel free to ask!

Sunshine Report –Carolyn Durphy

A get well card sent to Ryan Richardson, manager of the Clubhouse. He was bitten by a Brown Recluse Spider and in the hospital but is recovering at home now.

