

PRESIDENT'S LETTER



by Carolyn Durphy

“We gather together to ask the Lord’s blessing”. As we enter November we’ll be thinking of our two months of holidays. Our calendars will fill up with all kinds of festivities.

We members of AARP are gearing up for our election day chicken dinner sale. Larry Eiben has done an outstanding job recruiting us for one job or another. Sales are going well. Don’t forget to bring your two dozen brownies, individually wrapped, to the lower level clubhouse on Monday afternoon, November 6 or Tuesday morning, November 7 early. Remember to check your shift times for serving, chicken cooking, bean cooking and the dining room. It will be a great day and always very enjoyable seeing neighbors and old friends come to pick up their meals.

Our next big function will be our Christmas dinner and installation of officers in December. I have Pat Jones Jackson, who was here last year, coming again to swear us in.

Hard to believe 2017 is coming to an end. We will be celebrating Thanksgiving in a few weeks. Always a great time with family and friends. Lots of cooking of traditional foods that we don’t fix any other time. My family likes mincemeat pie which you have to make from scratch as there is no frozen pies in this part of the country. I wish you all a wonderful day!

Don’t forget to keep the Silent Auction in mind when you are going through your fall and Christmas decorations. Also, if you have anything you think might be used for table decorations for our Christmas dinner.

For a final note, for the next two months, try not to get too overwhelmed and enjoy each day. Remember to take a deep breath and sit back and relax for a few minutes.

Thought for the day - *“Get rid of anything that isn’t useful, beautiful or joyful”*

NOVEMBER 18th MEETING

Discover *Perfusion* with LOW AARP

by Madeline Salustri

LOW AARP 5239 presents another informative program on Monday, November 20th. At 10 am Michael Brown of Fredericksburg will speak in the Grand Room at the LOW clubhouse. Mr. Brown is program manager of the Cardiac Surgery and Structural Heart Center at Mary Washington Hospital. He is Chief Perfusionist at the hospital. A Perfusionist is a health professional who monitors blood supply during any cardiac surgery. To many of us this is a new and exciting field and an opportunity to be informed of advances in health care.

His discussion will cover aortic valve disease and treatment options. Included topics will be aortic valve surgery, minimally noninvasive aortic surgery, and trans-catheter aortic surgery. He will include a discussion of structural heart disease and treatment options.

Mr. Brown previously worked as an adjunct professor at Duquesne University and has had twenty-eight years experience in other health related fields.

Brown is a graduate of Wheeling Jesuit University in West Virginia and served his Perfusion internship at Cleveland Clinic.

Join us at 9:30 am for breakfast treats and fellowship.

While you are at the meeting you may also become a member of LOW AARP, ask for information at the sign in desk. If you are not yet fifty you can still become an associate member and enjoy the many activities of our local AARP. For information call Carolyn Durphy at 540 972 3306.

NOMINATING COMMITTEE REPORT



The Nominating Committee has found a slate of officers and directors for the coming year of 2018. The new officers that were needed to fill the slate were Vice President, Treasurer and one Director. All remaining officers are up for re-election. Just a note to clarify – An Officer’s term is 1 year with a maximum of 2 years and the Director’s term is 1 year with a maximum of 3 years and they are re-elected every year. The Election will be held at the November Meeting and the new officers will be installed at our December meeting. As always nominations may be made from the floor at the November meeting for any office.

Tony Aris and Ed Rowan

NOVEMBER BIRTHDAYS

Ellie Baughman, Dick Bradie, Laurel Buongiovanni, Marilyn Buttimer, Stephen Cakouros, Roland Hamilton, Don Larsen, Rani Manhard, Dick Martin, Peggy Powell, Doe Sauro, Ken Tilliman, Patricia Unkle, Carla Wascalus, Mary Kay Wilks, Ellen Wilson

MEDICAL NEWS

By Sandi Frame

Another year, another fall and another flu season. Remember to get your flu shot and if you still have not had a pneumonia shot get that as well.

Yogurt for Bone Strength

If you are trying to keep your aging bones strong, yogurt maybe your best dairy choice, suggests a recent study in *Osteoporosis International*. Researchers correlated the intake of dairy and other foods with bone mineral density in 4,300 older people and found that yogurt (but not milk or cheese) was associated with higher bone mineral density (BMD) and other markers of bone health. After adjusting for body weight, physical activity, overall diet quality, and other factors related to bone health, they found that each additional weekly serving of yogurt was associated with the higher BMD and thus a reduced risk of osteoporosis and osteopenia. Some previous research also linked fermented milk products like yogurt to stronger bones

Handling Money

Since fall and winter are upon us maybe we should consider that our parents may have been right to warn you to wash your hands after handling money: Banknotes harbor many types of bacteria, according to a new study in the journal *Frontiers in Microbiology*, which analyzed banknotes collected in 15 hospitals and metro stations. It found that the currency was surprisingly good at absorbing a wide range of living bacteria, including some that are known pathogens. The lead researcher suggested that there should be public service ads advising people to

wash their hands after handling money, and for banks to routinely disinfect banknotes – at least until we become a truly cashless society.

Source: University of California, Berkeley *Wellness Letter*, September 2017

SUNSHINE REPORT

by Joan Albertella



Sympathy card sent to the Durphys

Get Well card sent to Carla Wascalus

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

BROWNIES FOR THE ELECTION DAY BBQ



If you have not had a chance to sign-up to bake 24 2X2 inch individually (NO NUTS) wrapped brownies for the Chicken BBQ on Nov. 7 you may do so by e-mailing Carolyn Durphy at Dolph1nlvr@msn.com. Include name and phone number. Thank you.

SILENT AUCTION: LAST CALL FOR CHRISTMAS?

Karen Kovarik, Chairman

Last call for Christmas? In November??? Our November Silent Auction is your last opportunity to donate before Christmas. So, dig out your out lived ornaments, and surplus gifts and share them with others or they will gather dust for another season. All the monies we raise help us play Santa to important local causes like Fire and Rescue and the Food Bank.

Phone me (972-7866) to arrange pick up or drop off, and just bring them to the meeting (by 9:30 is helpful for markup).

THINK INSIDE THE BOX!

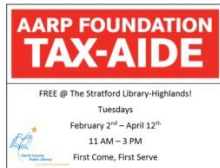
By Norma Ervin, Food Pantry Chair

Thank you for your support for our Food Pantry Collection on Oct. 21st. It was a beautiful day and 15 people volunteered their time. We collected 930 pounds of food and 325 of those were from Wal Mart. This was our second attempt to collect there and it was better supported this year. \$551 was collected which will help with the Thanksgiving Day preparations. The Lions Club gives away gift cards from Wal Mart which clients can use to purchase the type of meat and produce their family prefers. These cards are cued to be used only for food. Storage for frozen turkeys was an issue at the food bank. Money can still be given— just make checks out to the Wilderness Food Bank. Warm winter's coats for adults and children are also being collected. Please bring to the next meeting or there is a box on the porch of the pantry. We will be collecting food at our Nov. meeting but not the Dec. meeting. Again I really appreciate all your

assistance in the collection, moving into pantry and weighing of the bags.

AARP TAX AIDE FOUNDATION VOLUNTEERS NEEDED

by Carla Wascalus, Volunteer



I know tax season is completed and you probably don't want to think about taxes again until next year, unless you pay estimated taxes. Question, do you do your own taxes? Do you use a program on the computer such as Turbo Tax? If you do, you can be a volunteer. The Lake of the Woods VITA tax site is in desperate need of people to work the tax program for our friends and neighbors. Our site did about 355 Federal and 349 State filings this year. In the last couple of years several of our workers have retired, so we really need help. We work on Friday (9:30-2:00) and Saturday (8:30-2:00) each week February until April 15. Training will be provided as well as a laptop. We are a friendly group and help each other out all the time. If you can't come every week that is all right, we accommodate vacations, appointments, and illness. Even if you could only work one day a week it would be helpful. If you have questions or want to volunteer contact Carla at 972-2436 or cpw_low@yahoo.com. Thank you for considering.

NOTICE!!!

Volunteers are still needed on the Travel Committee. Contact Carolyn Durphy at 972-3306 if you are interested in leading a trip. Pierre Payette, 972-0519, can give you some contact information about working with tour and bus companies.

TOURS AND TRIPS



PIERRE IS PLANNING 2 TRIPS FOR 2018.

Trip 1: Amish country and surrounding Lancaster, PA. Dates are Monday, April 9 - Wednesday, April 11. (3 days, 2 nights).

The trip includes the following: 2 nights lodging at the Intercourse Village Inn and Suites. (Best Western PLUS); 2 breakfasts; 2 dinners (1 family style at Hersey Farm), and (1 at Shady Maple Smorgasbord).

Production of "JESUS" at Sight and Sounds Millennium Theater. Guided Tour of the Amish Countryside, with stops at an Amish bakery and quilt shop. Kitchen Kettle Village. Lil' Country Store and Miniature Horse Farm (new this year). "Chalk Talk" with Elva Hurst (new this year). All taxes and meal gratuities for included meals. Luggage Handling.

Price is \$399 per person double occupancy. I am accepting refundable deposits of \$25 per person to reserve yur space.

2. Opryland Country Christmas.

December 2 - 5..

Please keep these trips in mind when you are planning your next year's travel. Details forthcoming.

OC Animal Shelter needs the following



items: towels, blankets, canned cat and dog food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes.

The Lions Wilderness Food Pantry.



BREAKFAST

Food Pantry continues to need our assistance. The number of families needing support remains very high. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to the Wilderness Food pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

Coupons -



Carla will be collecting the box-top for education coupons. A special thank on

goes to all those who save these items for charity.

Highlights of the October 16th Meeting:

By Lee LeBar, Secretary

Guest Speaker: Colonel Guy Gardner, USAF, Retired, provided the group with a video presentation on the topic of “What It’s Like to Fly in Space.

Colonel Gardner was a NASA Astronaut and the pilot of two space shuttle missions in 1988 and 1990. The video shows the space crew entering the space shuttle, the launching of the shuttle, how the crew lived, worked and amused themselves in weightlessness of the cabin and the awesome views of earth while orbiting around it.

Since retiring from the Air Force he has worked in various professional fields, most of which involved teaching.

He now volunteers in many worthwhile groups and organizations.

The full monthly treasurer’s report will be found on the web site.

October 31, 2017 Treasurer’s Report

Accounts for Month

Checkbook Balance 09/30/2017	\$9,978.06	Ckbk Bal 12/31/2016	\$1,719.27
Total Income	\$3,451.00	2017 incoming	\$13,327.00
Total Expenses	(\$2,159.35)	2017 outgoing	(\$3,776.56)
Total Tours & Trips Received		Trip received/disb	(\$400.00)
Total Tours & Trips Disbursed	(\$400.00)	Trip balance***	
Checkbook Balance	\$10,869.71		\$10,869.71
Interest Bearing Account	\$1,096.72	***completed -transferred to Incoming	
Petty Cash	\$114.00		
Total Accounts	\$12,080.43		

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aarpchapter5239@yahoo.com

This Month's Meeting: **October 16, 2017**
Great Hall Clubhouse, 9:30 a.m.

Next Month's Meeting: **November 20, 2017**
Great Hall Clubhouse, 9:30 a.m.

*With Appologies to Carla Wascalus,
Perspectives Editor. Dick and Carolyn
Durphy, Substitute Editors.*

The Power to Make it Better

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Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
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