



## PERSPECTIVES - MAY 2026

[www.AARP 5239.ORG](http://www.AARP 5239.ORG)

### **President's Letter** – Lisa Varouxis

“Dear May, please don’t rush... I’m still recovering from April.” — Noah Carter  
Thank you to everyone who took part in our April fundraising effort by ordering a meal (or two) from ClearWater Fire-Grill on April 20th, and presenting the AARP coupon at the time of payment (or pick up for those who ordered a carryout meal).

As I write this, the first trip of the year (to Lancaster, PA) is taking place. I look forward to seeing pictures and hearing stories from everyone who is fortunate enough to have gone on the trip. If you have never been on a trip planned by either Pierre or Barbara, you are missing out on a fun time. They both work with companies that provide good packages, with lodging and many of the meals included in the cost of the trip. To see the two trips scheduled for fall and winter of this year, go to our website, [www.aarp5239.org](http://www.aarp5239.org), and select Downloads from the menu bar.

Volunteers are needed on either a one-time or ongoing basis to greet people as they arrive at the meeting, set up/break down the coffee/tea station for our monthly meetings, and to help come up with ideas on how we can grow our Chapter. If you would like to be more involved, the Vice President position is vacant. This person would fill in at Board and/or Chapter meetings when I am unavailable. Please talk to any of the Directors if you would like to volunteer.

If you have ideas on how to raise money for our benevolent funds or small acts of kindness we can provide to our community, please reach out to any of the Chapter Directors, attend a Board meeting, or send your ideas to our Chapter email – [aarpchapter5239@gmail.com](mailto:aarpchapter5239@gmail.com).

Have you ever heard of the Movies for Grownups AARP National offers to its members? The screenings are free and can be watched from the comfort of your home at a specific time and

date. (They typically start at 8 pm ET.) My husband and I have seen several, some good and some bad, but all movies we would not have seen otherwise. I believe it requires an AARP National Membership to watch them, but you should be able to look at the event offerings by going to <https://www.aarp.org/events/movies-for-grownups/?cmp=EXTH0SQ2XCL8Q>



### **Safely Sharing the Road this Summer - Beth Drabrant**

The featured speaker at our May 18, AARP chapter meeting will be Deputy Ron Kesner from the Orange County Sheriff's Office Triad Program. For this session, he will discuss road safety pertaining to bike riders and motorists. Topics will include:

- The rules of the road for cyclists and drivers.
- What e-bikes are, how they operate, and what we need to know about them.
- Important safety tips for riders and drivers alike.

He will also bring one of the specially equipped bikes used by the Sheriff's Office Bike Patrol and explain how this service helps keep our neighborhoods safe.

Deputy Kesner is an experienced law enforcement officer, having started his career in 1982. Among his many roles, he served on the Albemarle County Police Department's Bike Patrol and helped launch a similar program for Orange County in 2024.

### **Memorial Information for Timothy Edwards**



Tim Edwards and his wife Allita Irby have been chapter members since 2019. There will be a memorial service locally on May 16, 2026, 1PM-3PM at Lake of the Woods Church 1 Church Lane Locust Grove. Please keep Allita and their family in your thoughts and prayers.



## **Grant Funding Program - Pierre Payette and Ann Rogers**

We are reaching out to share information about a grant-funded program focused on supporting care providers of those with a cognitive impairment, and to ask for your help in sharing this resource with those who may benefit.

**FAMILIES** is an evidenced based support service for primary care providers, designed to equip spouses or primary care providers with the tools they need to manage the challenges of 24/7 dementia care. Adapted from research at NYU and UVA, the Family Access to Memory Impairment and Loss Information, Engagement, and Supports program (FAMILIES), offers counseling, advocacy, planning, and assistance to care providers.

The program is offered by JFS Richmond to anyone in Virginia. **Please note: The individual with cognitive impairment must live in the home with primary care provider.**

### **Program highlights include:**

- 7 Sessions
- Offered Virtually
- Resource Coordination and Sharing
- No Cost

Because of your work with individuals and families affected by dementia, we would greatly appreciate your assistance in sharing this information or referring individuals who may benefit. Early access to supportive services can make a meaningful difference for both those living with dementia and the people who care for them.

You may direct individuals to **Chris Nufer at 804-282-5644 x291** for more details.

Thank you for the important work you do and for helping individuals and families to supportive resources.



## APRIL FUNDRAISER – Sandy Davis

Thank you to all who went to eat on April 20th from 11AM to 10PM at Clearwater Fire Grill and Catering whereby the donated 15% of all food sales to our benevolent funds to be given to local charities. We are pleased to say that the community and neighbors came out throughout the day we received \$250. This fundraiser money will be added with other fundraisers the chapter will be holding throughout the year.

Save the date: The next fundraiser event will be at Clearwater Fire Grill on Monday September 21, 2026.

## Tours & Travel - Pierre Payette

The trip to Lancaster to see **Joshua at the Sight and Sound Theater** had 37 people participate in the trip. A full report and hopefully a few pictures will be in next month's Perspective



**Connecticut River Valley featuring The Essex Steam Train & Riverboat.** 4 days, 3 nights trip to Connecticut River Valley October 13 thru 16, 2026. Includes 3 nights lodging, 3 breakfasts, 3 dinners, Essex Steam Train & Riverboat excursion, Olde Mistick Village, Mystic Seaport Living History Museum, Connecticut River Museum and Florence Griswold Museum. Price includes Motorcoach transportation, hotel, luggage handling, specified meals including tax and gratuities. Bus leaves from and returns to LOW. For info, call Pierre

at 540-972-0519 and leave a clear message, or email at [pierre114@verizon.net](mailto:pierre114@verizon.net)

Flyer is also downloadable from [WWW.AARP 5239.org](http://WWW.AARP5239.org) under 'downloads'. Cost is \$749 per person for double occupancy and \$ 1019 for single occupancy. A \$25 per person deposit will reserve your space. Checks should be made out to **AARP #5239** and mailed to **Pierre Payette 114 Parliament St, Locust Grove, VA 22508**. Cut-off date is August 1, 2026 or when trip is full. 25 have paid deposits so far.



**Tours & Travel - Barbara Ehlen**

**GREAT SMOKY MOUNTAIN HOLIDAY TOUR**

Ashville, NC - Gatlinburg, TN - Pigeon Forge, TN

November 29 -December 2, 2026, 4 Days - 3 Nights

Motorcoach Transportation from Lake of the Woods Tour Package features: Biltmore Estate Candlelight Tour, Great Smoky Mountain Tour with tour guide, An evening magical Winterfest Light Tour, a visit to the Christmas Place Store and Three Bear General Store with the bear habitat, time at "The Island" for shopping, dining, and a fountain show, moonshine tasting, holiday show at the Array Theater

3 Breakfasts, 2 Dinners. A dinner on the Biltmore Estate and a dinner show at the Dolly Parton's Stampede.

Cost: \$997.00 p/p double occupancy

Deposit: \$100.00 p/p to hold space

Optional: Aerial Tram ride with panoramic views of Ober Mountain 2,813 feet above sea level. \$28.00 and the Ferris Wheel ride at "The Island" \$13.99

For more information contact:

Barbara Ehlen

Ship to Shore Tours

(540) 972-4651

[wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com)

A donation will be presented to AARP for our local charities and organizations.



**Sunshine** – Carolyn Durphy

A Sympathy card was sent to Pam & Mike Derreberry on the loss of their mother/mother-in-law. Again, don't forget to send me any and all that need cheering up and if there is a death in the family. ( [durphyc@gmail.com](mailto:durphyc@gmail.com) )



## May Birthdays - Kim Lyttle

Happy Birthday to all you Aries, Taurus and Gemini people.

Ed Bunting, Mary Corcoran, Mike Derreberry, Clive Louden, Rani Manhard, Reg Murphy, Pierre Payette, Patti Pfeifer, Kathy Saladino, Mary

Tait, Linda Titcomb

**\*\*\*\*\*Remember these important dates\*\*\*\*\***

**Mother's Day is Sunday the 10, and Armed Forces Day is Saturday the 16 and Memorial Day is Monday the 25. Hope we are all able to honor them all.**

