



PERSPECTIVES – MAY 2025

President's Letter – Garry Archer

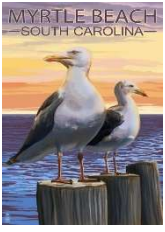
Happy May Flowers and a special wish to all the fine women in our community who have helped to nurture and care for others, both family and friends.

We do have an exciting agenda for this month's meeting – Orange County outreach program sponsored by and administered through the County EMS. I will be most interested in learning about the program they are offering as it touches all of us as we age in place.

I would also like to remind everyone that there are a lot of new scammers working to separate you from your money. Any texts or emails you receive, no matter how legitimate they may seem, asking for gift cards to be purchased – know that it is probably a scam. And if you do happen to become ensnared, please do not be embarrassed, and report it to the local authorities (Orange County Sheriff's Office).

On the subject of embarrassment, I just spent half a day looking for my key to Pam's car that I stashed prior to going on vacation. So with her typical "Mom" efficiency Pam said "I'll take a look" – and found it in five minutes. Sometimes we all need a little extra help. I need it a little more than before....So thank you to all you patient folks who help those like me.

Additionally, I would ask that everyone who can attend this month's meeting, May 19th, please do, as there will be a very special presentation. I think it will be one that you all would want to be there for.

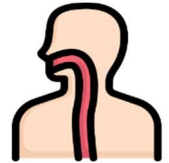


Tours & Travel – Pierre Payette

I am getting together a trip to Myrtle Beach the 1st week of December. The trip will include 2 shows, and shopping at Broadway at the Beach and Barefoot Landing. Details and pricing will be available at the meeting on May 19th. Please support this trip, as our charitable funding is at a low level.

Esophageal Spasms – Joan Albertella

Esophageal Spasms are painful contractions in the muscular tube connecting the mouth and stomach, called the esophagus. They can feel like bad chest pain that lasts from a few minutes to hours and are often mistaken for heart pain, called angina. The spasms usually happen only now and then. However, spasms can happen a lot and can prevent food and liquids from traveling through the esophagus.



Symptoms:

- Squeezing pain in the chest
- Difficulty swallowing solids and liquids
- Feeling that an object is stuck in the throat
- Return of food and liquids back up the esophagus (regurgitation)

Women are more likely to have these spasms than men. Spasms tend to happen around age 60. It's not clear what causes esophageal spasms. However, they appear to be related to abnormal functioning of nerves that control the muscles used when swallowing. Spasms make it difficult for the muscles to move food to the stomach.

Treatment may require avoiding hot or cold foods or medication to relax swallowing muscles. An endoscopy may be required later.

Source: Mayo Clinic Health Letter

May Birthdays – Pam Archer



Bouquets of Birthday Wishes to our May birthdays: Ed Bunting, Mike Derreberry, Clive Loudon, Rani Manhard, Pierre Payette, Patti Pfeifer, Kathy Saladino, and Linda Ticomb.

Paramedic Program Can Lessen Emergency Room Visits – Virginia Wright



Our May meeting, Monday, May 19th, at the Clubhouse. Social time starts at 9:30 AM. At 10 AM we welcome as our Guest Speaker, Kristen Cook from Orange County.

Kristen is the Community Paramedic with the County of Orange Fire and Rescue. This program is a preventative and proactive outreach program where they assist the residents of Orange County in management of their health and ultimately reduce the need for EMS utilization and Emergency Room transports for non-emergencies. Some of the qualifying conditions for enrollment are assistance with chronic disease management, frequent falls or lifting assistance, mental illness, food insecurity, transportation arrangement, medication compliance, or other social and medical needs identified.

Food Pantry – Pam Derreberry

With school ending soon and the kids home for lunch, Food Pantry needs are still condiments (ketchup, mustard, mayonnaise, relish, etc) and also canned foods such as spaghetti-o's, ravioli, etc. Additionally, they are running low on canned corn. Thanks for remembering those less fortunate than we are.

Recycle Beyond the Bag – Nan Lamb

The LOW Lioness Club is once again 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! As we did last year, our chapter has agreed to assist in this endeavor. Drop off boxes are located on the front porches at 319 Liberty Blvd, 419 Wilderness Drive, and 1439 Lakeview Pkwy. 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

Sunshine Report – Carolyn Durphy

A sympathy card was sent to the Peter Cassese family on the passing of his wife Pat.



A get-well card was sent to Ed Kessler who fell and is in the hospital and rehab after. Please let me know if you know of anyone that we should send a card to. Call (540-972-3306) or email me (durphyc@gmail.com).

Opportunities Around the Lake – Carolyn & Pam



Don't forget Memorial Day on Monday the 26th. There will be a very nice ceremony at the Clubhouse put on by the LOW Veteran's Club. Also, the American Legion in Orange has a program, with the Orange Band participating, at their facility that is real nice.

