



PERSPECTIVES – DECEMBER 2025

Presidents Letter - Garry Archer

As my second year winds down, I would like to thank all committee heads and volunteers who made the club run smoothly. As we move forward, our new president - Lisa Varouxis, will look to all of you for support in her new role.

I am certainly looking forward to our Christmas luncheon at the Community Center on Monday, the 15th. We will at that time be awarding our annual donations to several local charities and reaffirming our mission of community involvement.

Our chapter members have always awed me in their generosity during our food drives and such. Remember that you are part of a force for good in our community. For that you should be proud to say – “Yes, I am a member of LOW AARP!”

Let's keep it going in 2026 and hope to see you all at our luncheon on the 15th!



Thanks to Knakal's Bakery for Our November Fundraiser – Virginia Wright

Have only heard positive comments on how good the baked pies, biscuits and donuts were, how convenient the pickup was, and how easy the ordering was for the holiday items.

Many thanks to Beth and the staff at Knakal's for allowing us to do this fundraiser during a busy time in their normal busy week at the bakery as they serve their regulars with special orders. They had things prepared on time, they were orderly packaged and ready to pick up. Prepaid orders made it all so convenient as the exchange was just drive in and curbside delivery from our table to your car.

When you are in Culpeper, I encourage you to go in and thank Beth and the staff for helping with the fundraiser. Maybe the club might want to do it again in the future or you might even be tempted to buy one of those delicious donuts, a dozen of rolls or a pie.

Reminder, we have the Christmas holiday coming up. Suggestion, these items make great gifts for friends and neighbors who do things for you during the year but have all the things money can buy. I have used food for years as a thank you to friends and clients.

We appreciated every order whether it was for one item or multiple items; but special thanks to Sandy Davis, who obtained multiple orders, which she then delivered. Our final count was for 45 pies, 1 dozen rolls and 13 dozen donuts, as I was able to fill one late order that came in at our November meeting. Our final profits were \$297.96 towards our benevolent funds for local charities to be distributed in 2026 since it was finalized after our last board meeting of the year 2025.

December Birthdays – Pam Archer



Joyous December Birthday wishes to members Garry Archer, Marion Doherty, Timothy Edwards, Charles Galloway, Gary Greathouse, Jackie Hill, Michael Montie, Christopher Rapin, Chris Scheick, and Elaine Witcher.



December 15th Potluck Luncheon – Ann Wood and Rani Manhard

We look forward to seeing you all at the AARP annual Christmas luncheon at the Community Center on Monday, the 15th. We plan to eat about 11:30AM so please come early with your favorite dish, a main dish, a side or a dessert and there will be coffee and tea as usual and join our special guests. They will be from the organizations to whom we are presenting our contributions this year.

Diabetes Drug and Knee Osteoarthritis – Joan Albertella

If you have prediabetes or type 2 diabetes, you may have been prescribed a drug called Metformin. Metformin does a good job of keeping Blood sugar levels in check and can help promote modest weight loss.



Additional benefits of taking metformin have emerged over the years, such as improvement in reducing knee pain and increasing function in people with knee osteoarthritis (which occurs when the firm slippery cartilage that lines the ends of bones in the knee joint deteriorates). Fortunately, the progression of this arthritis is typically gradual. Options to reduce pain and preserve knee function may include physical therapy, weight loss and exercise. Metformin may be another option to lower pain and inflammation.

Source: Mayo Clinic Health Letter

Sunshine – Carolyn Murphy



Sympathy cards were sent to the family of Albert DeSoiza, also sent to Irene Payette on the loss of her brother and Barbara Rakes on the loss of her husband. Get well cards were sent to Irene Payette and Ghislaine (GiGi) Aguirre.

Dues for 2026 – Kathy Saladino

It is that time again for dues. They are \$10.00 per person for the coming year and can be paid at the luncheon this month or you can pay them at the February meeting.



Sight and Sound of Lancaster, PA – Pierre Payette

3 days, 2 nights trip to the Amish country of Lancaster, PA, April 29th through May 1st, 2026. Featuring a performance of **JOSHUA** at the **Sight and Sound Theater**. Includes 2 nights lodging, 2 breakfasts, 2 dinners, including a Smorgasbord dinner and a meal at an Amish home, preferred seating at JOSHUA, a visit to the Kreider dairy farm, and Kitchen Kettle Village. Price includes Motorcoach transportation, hotel, luggage handling, specified meals including tax and gratuities.

Bus leaves from and returns to LOW. For a flyer and info, call Pierre at 540-972-0519 and leave a clear message, or email to pierre114@verizon.net.

Flyer is also downloadable from www.aarp5239.org under downloads. Cost is \$599 per person for double occupancy and \$799 for single occupancy. A \$25 per person, refundable deposit will reserve your space. Checks should be made out to **AARP Chapter 5239** and mailed to **Pierre Payette 114 Parliament St, Locust Grove, VA 22508**. Cut-off date is February 14, 2026 or when trip is full.

From Carolyn, Pam & Sandy, we want to wish you all a very happy holiday season and hope to see you all at the **February AARP Meeting** in the Clubhouse on Monday, February 16th. There will be no monthly chapter meeting in January as the Clubhouse will be closed.

