



PERSPECTIVES – APRIL 2025

www.aarp5239.org

President's Letter – Garry Archer

As we roll into Spring just a few thoughts - April 22nd is Earth Day! Let's try to recycle as much as we can. LOW Lions will be having a special battery drop off this month for household batteries. Watch for the date of this event. Trees are helpful to our air quality, let's try to keep the "woods" in Lake of the Woods - consider planting native species if you are taking down a dead tree.

You will also be seeing a request from our local food pantry expert - Pam Derreberry. If you can, please consider donating some of the much needed food supplies requested. The numbers of folks relying on these programs are simply increasing so whatever help you can provide is greatly appreciated.

And a quick reminder that our chief fundraisers are our travel trips. By signing up and enjoying the time away with neighbors and friends you not only get a great experience you are helping our chapter raise funds for our local charities.

Thanks to all and as I tell my Pam, dandelions are really wild flowers too,

Making Life and Mobility Easier as You Age – Virginia Wright

Know about devices available locally to make life and mobility easier as you age. Plan ahead before you must respond to an emergency need.

At our April meeting we welcome as our Guest Speakers, Chris Hawkins and Clay Keranen from All American Mobility in Fredericksburg. The presentation will start promptly at 10:00 AM. Chris Hawkins is the owner and has 27 years in the industry. Chris started All American Mobility in 2006 and is a Certified Aging-In-Place Specialist. Clay Keranen is the Director of Operations and has 10 years in the industry. Clay started at All American Mobility in 2015 and is also a Certified Aging-In-Place Specialist.

Join us for an information (not sales) session for info you may need later. Chris and Clay will present a broad overview of all that the company offers to the community, provide some brochures and some funding opportunities. Our aging community often finds that one is faced with a new medical issue and may not be aware that there is a device made to help do your task or to help getting around. Plan ahead for the time you might need a special device. You may think of devices like canes, walkers and stairlifts, but there is a very wide array of devices that are available. Bring your questions.

No registration is necessary. Please invite your friends to join us. If coming from outside the Lake, they just need to tell the guards at the gate that they are attending the AARP meeting.

Lyme Disease – Joan Albertella



A bull's eye rash at the bite site is the classic sign of early Lyme disease but it's not always present. It can also cause headache, fever, joint pain and flu-like symptoms. Blood tests may be used to identify antibodies to the lyme-causing bacteria. The disease can be treated successfully with oral antibiotics. The illness can cause lingering pain and inflammation in the joints, heart palpitations and irregular heart rhythms. If not caught early, symptoms may linger after the infection is treated. If in a tick area, wear long pants, sleeves, and long socks. Check yourself, family, others, and pets. If you find a tick attached to the skin, remove it quickly. Grab the tick close to the skin, using tweezers, pulling the tick upward with a steady continuous motion. Clean the bite with an antiseptic or soap and water. Preserve the tick in a container. It is important to do frequent tick inspections and remove a tick quickly. It takes an attached tick 36 hours to transmit Lyme Disease.

Source: Mayo Clinic Health Letter

Thrive Beyond 55 – Lisa Varouxis



The Orange County Sheriff's Office TRIAD program invites you to an insightful and informative conference open to the public, designed to empower seniors and their families. Don't miss this opportunity to learn from experts on key topics that matter most!

Featured Speaker:

Teepa Snow – Renowned dementia care expert

Topic: "A positive Approach to Dementia"

Teepa Snow is one of the world's leading educators on dementia care. Her engaging and compassionate approach provides valuable strategies for caregivers and families.

Additional Topics:

- Ensuring your property's deed or title meets your asset protection and estate planning goals
- Elder Financial Abuse - from the eyes of the predator and the victim

Join us for this informative session and take away knowledge that can make a real difference!

Wednesday, May 7th, 2025 – 9:00am – 3:00pm
Lake of the Woods Church

Light breakfast, refreshments and lunch will be provided.

Registration is Required

To register: Email your full name to LHERNANDEZ@ORANGECOUNTYVA.GOV or call 540-661-6156 and leave your full name and a phone number. Registration is open until May 1st, 2025.

Food Pantry – Pam Derreberry

For April, as warmer weather approaches, the Food Pantry needs are mostly condiments (ketchup, mustard, mayonnaise, pickle relish, etc). Cereals are still welcome but in better supply than condiments at this point.



April Birthdays – Pam Archer

"Hoppy" April Birthday Wishes to Michael Chinn, Kit Filbey, Deena Lanier, Joseph McEuen, Noah Rakes, and David Witmer.

Sunshine Report – Carolyn Durphy

A get-well card was sent to Peggy Grella. Trust everyone is feeling better as this warmer weather sets in. Let me know if there is anyone that would like cheering up.



Day Tripping – Lisa Varouxis



There is so much to see in the greater regional area (Richmond, Staunton, Washington, Charlottesville, and more) but the thought of driving to the location, touring, then driving home has stopped me from venturing out. For that reason, I mentioned the possibility of planning day trips for our AARP Chapter to the Board, accepting responsibility for the planning.

I have found a company (Virginia Rides) willing to provide transportation and help with restaurant choices. They require a minimum reservation of four (4) hours and a two week notice, with full payment. Available school buses include mini school buses, full-size school buses, twenty-two (22) passenger accessible shuttle, and a twenty-eight (28) passenger shuttle. (For shorter trips, a school bus might be okay but I would not want to do that for a longer outing.)

Some ideas I have for trips include: Washington, DC (museum, U.S. Botanic Garden, Old Town Trolley tour, or hop-on, hop-off bus tour); Richmond (Hollywood cemetery tour, river boat ride, Lewis Ginter Botanical Garden, or Maymont Park); Staunton (Frontier Culture Museum); Charlottesville area (Monticello, or Downtown Mall); Tappahannock (quaint town with shops and restaurants); Old Town Alexandria (history, shops, restaurants); or, Harper's Ferry (history, shops).

I am now reaching out to you, our members, to gauge if there is enough interest for me to continue with the research and planning to schedule quarterly day trips. Most would be during the week to avoid the larger crowds, but I believe some should also take place on a weekend to allow our members who work to have an opportunity to participate. I am open to suggestions on places to go and things to see. Feel free to reach out to me via my email address at: Lisavarouxis58@gmail.com.

Opportunities Around the Lake – Carolyn & Pam

Licata Group Annual Free Shred Day Event

Date: Saturday, April 26, 2025

Time: 11 AM – 2 PM

Location: Food Lion Parking Lot

Bring your old documents for secure shredding and grab food at one of the Food Trucks. FREE event with all Donations Accepted to support LOW Fire & Rescue and Orange County Animal Shelter.

This is a space where we can offer information regarding fundraisers, special events, etc. that some of us might be interested in. If you have anything you would like to see included here, please email the information to Carolyn at durphyc@gmail.com or Pam at archers0526@gmail.com.

