



PERSPECTIVES – FEBRUARY 2026

President's Letter – Lisa Varouxis

The Board had a successful and productive meeting in January. The Officers for 2026 are: Lisa Varouxis – President, Beth Drabant – Secretary, and Kathy Saladino – Treasurer. Directors are Sandy Davis, Barbara Ehlen, Kim Lyttle, Pierre Payette, Bill Ruark, and Garry Archer (Immediate Past President).

I'd also like to recognize those who will be serving in the various positions that keep this Chapter going. They are (in no particular order):

Email – Kim Lyttle and Sandy Davis; Greeters – Susan Bhuller and Pierre Payette; Health Articles for Perspectives – Joan Albertella; Food Pantry Liaison – Pam Derryberry; Perspectives Newsletter – Carolyn Durphy, Sandy Davis, and Pam Archer; Photographer – Bill Ruark; Program – Bill Ruark; Photographer; Volunteer Hours – Dave Kraus; Public Relations – Beth Durant; Coffee – Marianne Kraus; Refreshments: Snacks – Ann Wood and Rani Manhard; Membership – Kim Lyttle; LOW Name Tags – Carolyn Durphy; Travel – Pierre Payette and Barbara Ehlen; TRIAD Liaison – Beth Drabant; Web Master – Sandy Davis; Birthdays – Kim Lyttle, Sunshine – Carolyn Durphy; and, 50-50 Sales (and comic relief) – Dave Kraus.

We need people to volunteer to serve as Vice President, Guest Speaker Program Co-Chair, Publicity, Fundraising Chair, and Refreshments - Coffee. If you are interested in learning about any of these opportunities, speak to any Board member.

Beth has volunteered to prepare articles for Lake Currents to announce monthly meetings and publicize the guest speaker but it would be good to have someone to help with publicizing other events the Chapter may host on social media sites (such as NextDoor or the Patch).

The next Board meeting is scheduled for Monday, March 9th in Classroom 1 of the Community

Center at 10 a.m. Any active Chapter member is welcome to attend.

Our first Chapter meeting of 2026 will be held at the Clubhouse on Monday, February 16 at 10 a.m. The doors will be open at 9:30 if you wish to socialize and have coffee and goodies before the meeting at 10:00a.m.



Tours and Travel - Pierre Payette

LAST CHANCE to sign up for the trip to Sight and Sound to see Joshua ! Last date to pay is Sunday, February 15th. Still have some openings. Trip departs LOW on April 29 and returns on May 1st. 3 days, 2 nights. See attached flyer at the AARP website listed below for details. Call or email Pierre Payette at 540-972-0519 or pierre114@verizon.net

We all have been shut in from last week's snow storm. You may be thinking of your next adventure. Here is an opportunity you may not want to miss. Stay warm!

Sights and Sounds of Lancaster, PA. 3 days, 2 nights trip to the Amish country of Lancaster, PA, April 29 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 Smorgasborg 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 info, call Pierre at 540-972-0519 and leave a clear message, or email at 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. Checks should be made out to **AARP 5239** and mailed to **Pierre Payette 114 Parliament St Locust Grove, VA 22508**. Cut-off date is February 15, 2026 or when trip is full.



Saving Money on Electric Bills this Winter - Bill Ruark

BRRRRR!



Winter has arrived in full force, and with it often come higher electricity bills. Wondering what you can do to keep costs down?

Join us for a helpful and informative presentation by Rich Mialki, Energy Adviser and Energy Programs Specialist with Rappahannock Electric Cooperative at the AARP meeting on Monday, February 16, at the Lake of the Woods Clubhouse.

Rich has been advising member-owners at REC for 17 years as an Energy Advisor and Energy Programs Specialist. Prior to joining the Cooperative, he held project management, sales and estimator and construction positions with custom home builders and remodelers primarily in western NY.

Rich is a Certified Energy Manager with the Association of Energy Engineers. He earned his Building Analyst Professional certification from the Building Performance Institute and is a Level I Infrared Thermographer.

He has also served as a HERS rater where he tested and qualified new homes into the ENERGYSTAR New Homes Program.

Fundraising results – Kathy Saladino



In case you were wondering, Virginia Wright earned our chapter \$267.95 for our fundraiser with Knakal's bakery of Culpeper last November. She also arranged for us to get a 10% rebate on meals at Clearwater grill on November 17th; the Grill donated 15% back to us which was \$351.35!! Clearwater grill wants us back!! We are

thankful for all the effort she put into these two fundraisers, as are the charities we donate to every December. Donations were also received from the LOW Fun Bunch and Ship to Shore Tours. New fundraising ideas are always welcome; just let the officers know and we can implement them.



December Donations to Charities – Kathy Saladino

If you attended our December luncheon at the community center, you are aware that six local organizations received checks from our AARP Chapter 5239 from fundraising events, donations and 50/50 profits. They were: LOW Adaptive Water Sports, Lions Wilderness Food Pantry, Living Waters Clinic, Paul Stefan Foundation, S.A.F.E., and Triad of Orange County. Representatives from each group joined us for lunch, received their check presented by President Garry Archer and each explained the mission of their organization. Thank you notes have been received, each expressing how much they need our support to continue to help people in our area.



AARP Tax-Aide - Pam Archer

The LOW AARP Tax-Aide site will be preparing tax returns using the Same Day Drop-Off mode and is taking appointments for 9:00-12:00 pm, Fridays and Saturdays from Feb 6 – Apr 12. We will once again be located at the LOW Community Center.

What we help you with – We do returns with social security, W-2s, 1099s, self-employment, itemized deductions, Education and child or dependent care, Earned Income Credit capital gains/losses from stock sales and many other things.

We cannot help if you have – cryptocurrency (sell), business losses, pay employees, home office deductions, rental property (rented for more than 14 days), or if you donated non-cash items worth over \$5000.

Before making an appointment, gather all your tax documents. Review your 2024 tax return to make sure you are not missing any. Pick up a tax packet from the Wilderness Library lobby and call our scheduler at 540-318- 0345 once you receive ALL your tax forms. Leave your name, phone number, and a brief message and one of our volunteers will call you back within 24 hours. Please answer calls from unknown numbers during this time. We look forward to serving you once again.

Skin Health and Aging – Joan Albertella



Your skin is your body's largest organ and a barrier against bacteria, chemicals and ultraviolet radiation. As we age, the skin becomes thinner and more fragile. Production of collagen decreases and fatty tissue beneath the skin shrinks making bruising more common.

Inspect your skin regularly for changes and report them to your healthcare team:

- Severely flakey or cracked skin that doesn't improve with home care
- Sudden unexplained itching or rash
- Sores that don't heal
- Bleeding moles
- New growths or changes in freckles, bumps or birthmarks

ABCDE Guide to recognize skin cancer:

- Asymmetry – one half is not like the other
- Border -irregular or poorly defined
- Color – variation in color from one area to the next
- Diameter is larger than 6 mm, the size of a pencil eraser
- Evolving – changes on size, shape, color and symptoms such as itching or bleeding

Also, be mindful of spots of thickened skin or spots that bleed easily when rubbed. Follow up with your health care provider on any concerns.

Mayo Clinic Health Letter



Birthdays – Kim Lyttle

Kathleen Bradie, Bettie Counts, Elizabeth Drabant, Barbara Ehlen, Doug Pope, Stephanie Fickenscher, Irving Grimes, Ed Kessler, Ruth LaLiberte, Patricia Lieb, Kim Lyttle, Sherry Moats, Mike Musatow, Barbara Rakes, Richard Ticomb



Sunshine – Carolyn Durphy

Please send me any person's name that you wish to send a card to. There were none sent out in January. Send an email – durphyc@gmail.com or call and leave a message at 540-972-3306 and leave a message.

We have a busy month with all the holidays. The ones below and also on the 17th is **Chinese New Year, Ramadan begins at sundown and it is Mardi Gras**

