



PERSPECTIVES - JULY 2025

President's Letter - Garry Archer

As we enter the true "Dog Days" of summer I am thankful for the occasional rain that waters my garden for free. I am also thankful for air conditioning which makes the days more tolerable.

Speaking of air conditioning, I am doubly thankful that we are again in the Clubhouse for our meetings. Our next one will be on July 21st. Which I am sure we are all looking forward to. Our next meeting will revolve around the "Code Talkers" – Native Americans who risked their lives to help defeat the Axis Powers.

Please do remember that we are collecting food for the Wilderness Pantry. They have seen an up-tick in clients. Condiments were high on the wish list for the pantry, as are canned corn and pasta. Please try to give if you are able.

While we are in summer mode, can winter and the chills that it brings be far behind? If you can, don't forget to sign up for Pierre's trip to the sunny south – you will be glad to get a short respite from winter!

Well that's it for this month – remember to stay safe and hydrate.

Native American Code Talkers Used in WWI and WWII – Virginia Wright

Our guest speaker for July is member Susan Trunzo, with a presentation about the many Native American tribes who helped the US Armed Forces to win World Wars I & II by using their native language and code words in radio transmissions. The enemy was never able to break their code. Come hear about most of the tribes and their stories in this intriguing presentation. The code talkers have been recognized in many ways through monuments, movies, and awards both nationally and internationally.



Susan has worked for the FBI and with Oak Ridge Institute for Science and Education working with fingerprints.

Join us Monday, July 21st, at the Clubhouse at 9:30 AM for social time and refreshments. The presentation will begin at 10:00 AM. Tell your neighbors and bring your friends!

LOW Adaptive Water Ski – Kathy Saladino



AARP can be a big help with the upcoming LOW Adaptive Water Ski and Tubing event, August 9 (Saturday) from 7:30 to 4:00. This event is for special needs children and their families; there is no cost for volunteers. The **SmileS Adaptive Carnival** as it's called, provides a fun day for the youth who rarely get such opportunities to have this kind of special event. It is already sold out for participants!!

While attendance was low for the Veterans Adaptive event last month (forecast was for rainy weather which it wasn't), that will not be the case with the August event. AARP folks can be a big help as those who can water ski will be helping at the clubhouse dock. We, however, need helpers with registration, kids fishing, pontoon boat rides and other land games. If you are interested, you can volunteer at the LOW Adaptive Water Ski website at <https://www.adaptivewatersports.org>. Select Reserve-A-Spot, scroll down to Volunteer and make your selections as to what you want to do (you can do half a day if you'd like or all day). At the same place you can make a tax-deductible donation to this worthy cause if you'd like. Then check out with your contact information. I will see you there.

Food Pantry – Pam Derreberry

We are really in need of canned corn because we have gone through 95% of our supply! Other summer needs are condiments, baked beans, and canned pastas (spaghetti-o's, beef-a-roni, etc). Thank you for your continued support.

Sunshine Report – Carolyn Durphy

A Sympathy card was sent to Dave Witmer on the death of his sister. Don't forget to let me know if there is someone that needs cheering up or that we are thinking of them and miss them at our meetings. Call (540-972-3306) or email me at durphyc@gmail.com.



Tours & Travel – Pierre Payette



Myrtle Beach, SC – Join the LOW Chapter of AARP on a 4-day, 3-night trip to Myrtle Beach, SC December 1 through December 4, 2025, featuring two fabulous holiday shows. The trip includes 3 nights lodging, 3 breakfasts, 3 dinners, holiday shows at the Carolina Opry & Alabama Theater, along with visits to Barefoot Landing and Broadway at the Beach. Bus leaves from and returns to LOW.

Cost is \$769 pp for double occupancy and \$969 pp for single occupancy. A \$25 refundable deposit per person reserves your space. For a flyer and info, call Pierre at 540-972-0519 and leave a clear message, or email at pierre114@verizon.net.

"Sound of Music" at the Riverside – Lyn and Michael Fogerty

We are arranging a group again to go see the Center for the Performing Arts in Fredericksburg on Sunday, September 21 for the 3:00 PM performance.

The tickets are \$81.03 for the meal and show or \$60.00 show only. Tickets are refundable until July 14, then exchangeable.

Send an email if you are interested. Include the names of those attending and phone contact along with your choice of meal and show or just the show. I'm holding tables of 4 on the ground level. Please request who you would like to sit with, or I can assist with seat assignments. Each table must have the same plan. Let me know as soon as possible since I have seats together.

Make your check payable to Lyn Fogarty, hand it to her, mail or drop it off at 111 Woodlawn Trail, LOW. Email is Zednut@aol.com.

July Birthdays – Pam Archer

Twinkling July birthday wishes to Tony Aris, Susan Bhuller, Pam Derreberry, Barbara Drumheller, Lynn LeHuray, Debbie McMahon, Peggy Pope, Doris Schluter, and Barbara Smith.



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.

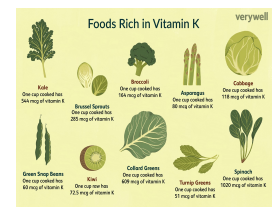
From the store - Produce bags, store bags, ice bags

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

Safe Diet Tips When Taking Anticoagulants – Joan Albertella

A safe diet is crucial when taking a blood thinner such as warfarin. You need to be aware of the amount of vitamin K you are consuming. Spikes of Vitamin K intake can raise the risk of unwanted clotting.



Eating less vitamin K can raise the risk of unwanted bleeding. The goal is to consume the same amount of vitamin K every day. Newer drugs such as Xarelto and Eliquis don't require the same vigilance about food.

If you take warfarin:

- eat the same amount of vitamin K every day. Broccoli and brussel sprouts tend to be high in vitamin K. Foods that are lower in vitamin K are asparagus, green beans, and peas.
- Remember serving size matters. A serving of broccoli is ½ cup. If you ate 2 cups you have had 4 servings.
- Be alert for disruptions to your diet such as eating more fresh vegetables in the summer, when you are sick, and when you're away from home.

Source: Mayo Clinic Health Newsletter

Something to Ponder – Pam and Carolyn

20 Foods That Can Help Prevent Clogged Arteries - Story by Jill Waldbieser and was submitted by Barbara Ehlen who thought it would be good for us.

The number one killer in the United States is heart disease...According to the Centers for Disease Control and Prevention (CDC), 610,000 people die from it every year – that is about one out of every four deaths. The cause of heart disease is generally clogged arteries. These blood vessels can be blocked by fatty plaque that contains calcium, cholesterol, and other substances that circulate in the blood. “There is no one magic food that acts like Drano and cleans out the accumulated plaque,” says Florian Rader, MD, a cardiologist at the Smidt Heart Institute at Cedars-Sinai Medical Center in Los Angeles. “But good habits can help slow down that process, and maintaining a healthy weight and diet is one factor you can control to a great degree. And he says, “It’s never too late to start.”

Here are the 20 foods that will help prevent clogged arteries: Oats, black beans & kidney beans, lentils, fish, avocados, pistachios, turmeric, broccoli, asparagus, watermelon, whole grains milk with DHA (Omega-3 fatty acids promote cardiovascular health – especially one known as docosahexaenoic acid, or DHA), potatoes, chocolate (now I like that!), coffee, wine (but don’t overdo!), eggs, berries, green tea, and fermented foods such as yogurt.

Related video: These Foods Help to Reduce Heart Attack Risk (Wibbitz - Lifestyle)

