



## ***PERSPECTIVES* – March 2025**

**[www.aarp.5239.org](http://www.aarp.5239.org)**

### **President's Letter** – Garry Archer

I am happy to write that we now are back to the Clubhouse – LOWA has agreed to drop the charging of clubs so we will be back to the upper Clubhouse as we had been in past years. I am truly grateful to our LOWA board for this very wise decision. I would also like to thank anyone who wrote letters to the board asking for the rooms charges to be rescinded.

On another note, we are still in need of a club secretary. This is a position where you simply need to attend both the club meetings and board meetings (board meets 6 times a year for about 1.5 hours). We would ask if you are willing to serve, please contact me either by phone or text - 540-907-7579. Our next board meeting will be on Monday March 10 at 10 am in the trophy room at Fairways. After that we move to a room in the Community Center for our May board meeting and all other board meetings, as we will no longer have access to the room at Fairways. Space is going to a golf simulator that LOWA hopes will stimulate additional revenue.



## **Steps For Prevention From Fires and Falls at Home Shared by Our LOW Fire Department and Rescue Members – Virginia Wright**

The AARP Club of LOW will hold its next meeting on Monday, March 17, 2025 at the Clubhouse. There will be time for networking and greeting other members and welcoming visitors starting at 9:30 AM. We welcome as our Guest Speaker, Tom Cornell, President of Lake of the Woods Volunteer Fire and Rescue. The presentation will start promptly at 10:00 AM.

Tom has served as a firefighter/ EMT for Lake of the Woods Volunteer Fire and Rescue for 26 years serving as a Sergeant, Lieutenant, Captain, and Assistant Chief, President, or Vice President. He is currently employed with Spotsylvania County Fire and Rescue for 20 years. For the last 10 years, he has served as an assistant fire marshal in the fire prevention division. He is also an adjunct instructor for the VA Department of Fire Program and a lead instructor for the VA State Fire Marshal's Academy. In his current position, he conducts fire inspections of county businesses, conducts investigations of arson and other fire-related crimes, investigates environmental crimes and emergencies, and provide public education on fire prevention.

The NFPA Steps to Safety™ Prevent Fire and Falls at Home program pairs fire and EMS professionals with community partners to educate older adults about home fire and fall safety through group presentations and creating a local resource network. The updated Steps to Safety™ (STS) program includes an online professional training curriculum and new digitized and print assets to support learning and behavior change in the older adult population.

Join us for an information session. Ask questions to help you protect your home, neighbors, friends and family as to prevention of fires and steps to prevent falls. No registration is necessary. You do not need to be a member to attend. Please invite any friends and family members inside LOW or in the Locust Grove area to join us for this time to learn important life-saving skills.

### **Sunshine Report – Carolyn Durphy**

A get-well card was sent to John Trach who is in rehab at this time. If you know of anyone could use a little sunshine, please contact me directly by phone or email.





## How Your AARP Dues are Distributed – Kathy Saladino

You might wonder why we need dues to keep our AARP chapter going and here is the answer. We have a post office box which costs us \$100.00. We have a website--we pay for the domain name and so that Sandy can keep it updated--that's just under \$500.00. We also need to pay insurance to AARP National and the state of Virginia. If we participate in LOW events like the 4th of July or use their grill for our June meeting, we are charged. Postage, ink pad (to stamp the back of your check), envelopes, stamps, and brochures to advertise our chapter are also included in our expenses. Believe it or not--the amount donated for refreshments is about half of what it costs to have beverages at each of our meetings, so we subsidize refreshments.

When we distribute money to charities at our December luncheon, the board decides at its November meeting who the recipients will be from how much we have to distribute. This money is NOT from dues, but from fundraising activities, personal donations and money left after bills are paid for a trip we sponsor.

Dues of \$10 can be paid at any meeting; they are for one year, January to December. If you travel and can't be at a meeting, sending your check to AARP Chapter 5239, P. O. Box 945, Locust Grove, VA 22508 will be accepted.

## Sleep Apnea – Joan Albertella

Do not ignore -the snore!

See your healthcare team if you or bed partner noticed these symptoms:



- Pauses in breathing during sleep
- Snoring that's loud enough to disturb another person's sleep or wake you up
- Excessive daytime drowsiness which may cause you to fall asleep while working, watching TV or driving

It is important to obtain an accurate diagnosis in a sleep clinic.

Self-care staples to keep your airway open during sleep:

- Change your sleep position – don't sleep on your back
- Avoid triggers like alcohol, sedatives and sleeping pills
- Move more and lose weight. Regular exercise can improve sleep apnea as well as the quality of sleep
- Commit to your sleep schedule. Sleep in a dark, cool room with a sleep mask
- Review your drugs and supplements with your healthcare team and pharmacist for side effects that could contribute to your sleep apnea.

Source: Mayo Clinic Bulletin



## **Tours & Travel – Barbara Ehlen**

AARP West Virginia Fall Foliage Motor Coach Trip from LOW October 2-4, 2025

Featuring a scenic ride on the "New Tygart Flyer" a vintage train through the breathtaking mountain range. Travel on a high bridge over the Cheat River for spectacular views. The train will stop at "High Falls of Cheat" in one of the most remote and pristine wilderness settings in the Eastern U.S.

This trip includes 3 Days, 2 Nights at the Canaan Valley Resort with 2 Breakfasts, 2 Lunches, and 2 Dinners.

View the famous cascading Blackwater Falls including lunch at the lodge overlooking a stunning view. Stroll around Seneca Rocks State Park. Enjoy a stop at Smoke Hole Resort for lunch and roam around the biggest gift shop in West Virginia. Ride the optional chair-lift ride at Canaan Valley Resort.

Come join us for this wonderful fall foliage experience!

Price: \$697.00 per person, Double or \$890.00 Single

Includes baggage handling, taxes, gratuities for included meals and resort fee

For information and reservations contact:

Barbara Ehlen (540) 972-4651-call only, does not except texts

Visit [www.aarp5239.org](http://www.aarp5239.org) and click on downloads to view the flyer or email [wiscruiser@hotmail.com](mailto:wiscruiser@hotmail.com) to send it to you directly.

## **March Birthdays – Pam Archer**

Breezing in with March Birthday Wishes to: Tom Calhoun, Carol Donoho, Peggy Grella, Joyce Haring, Alita Irby, Marianne Kraus, Sharon Montie, Richard Scheick, Sue Simmons, Susan Trunzo, Lisa Varouxis, and Virginia Wright.



## **Opportunities Around the Lake – Carolyn & Pam**

Something new we are going to try – many of our members also belong to other organizations within the Lake and this will be 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](mailto:durphyc@gmail.com) or Pam at [archers0526@gmail.com](mailto:archers0526@gmail.com).

Our first announcement:

You're invited to join the LOW Veterans Club and Fawn Lake Veterans Group for a fundraiser dinner, **Wednesday, March 19** at the Clearwater Fire-Grill between 5-9 to enjoy with your friends and family. The fundraiser is to support the "Our Community Salutes" initiative (OSC). This organization recognizes and honors enlistees for their commitment to military service.

Please mention to the server that you are there to support this organization. Reservations are recommended but not required.

Hosted by LOW Veterans Club and Fawn Lake Veterans Group

Clearwater Fire-Grill Restaurant

(540) 972-0606

## **Daylight Savings Time Reminder!!!**

Don't forget to set your clocks ahead one hour on **Saturday evening March 8th** before going to bed.

