



PERSPECTIVES – AUGUST 2025

President's Letter – Garry Archer

Well, it looks like we are getting a short reprieve from all this heat finally! I certainly am hoping for the cooler weather to hang around a little longer so I can finally catch up on my yard work- it was just too hot in July. And speaking of taking care of my own little environment we will be having a speaker from the Piedmont Regional Environmental Council speaking to us at this month's meeting. Included in that will be the potential impact of new development on the Rt 3 corridor. This one will be of great interest to the entire community so come early and get the best seats!

And on another unrelated tangent – AARP, in conjunction with the 'Tiques Club, will be running a Food Drive Saturday, August 16th from 9 to 12. The 'Tiques will be in the lower parking lot at the clubhouse and we will man the parking lot in Spotswood Park (by the little park left on Lakeview as you first come into the Lake - this is also a mailbox station). Our chapter is proud to help our community and this is just one way that we can serve. Please consider supporting us with either a food or monetary donation.

Finally, as we are moving through summer, I find it hard to believe that my term as President is moving towards that final stretch. It truly goes by quickly. But with that I would remind all that our club must have leaders who are willing to give a couple of hours a month to keep it vibrant and running. When Pierre Payette comes knocking – please consider serving.

Land Use Field Representative – Virginia Wright

We welcome as our Guest Speaker, Don McCown, the Land Use Field Representative for Madison and Orange Counties for The Piedmont Environmental Council at our monthly meeting on **Monday, August 17th**. Join us at **9:30 am** for refreshments and conversations. The meeting begins at **10:00 am**.

Don McCown joined PEC in 2022 and works on land use and transportation issues in Orange and Madison counties, advocating for good planning and full public engagement. PEC's work in Orange County generally, and the current land use and environmental issues being worked on, including updates on the proposed Wilderness Crossing development will be covered.

No registration is necessary. You do not need to be a member. Please invite any friends inside LOW or in the area to join us. They should tell the guards at the gate that they were invited by you to the AARP meeting.

Food Drive – Judy Schrage and Garry Archer

The Wilderness 'Tiques have asked us to co-sponsor a Food Drive for the Wilderness Food Pantry. Date is Saturday, **August 16, 2025, from 9 am until Noon** and has been approved by LOWA. The 'Tiques will man a spot in the Lower-level Clubhouse parking lot and we will also man a post at Spotswood Park.



We could still use some helpers still. If you can work either 9:00-10:30 or 10:30-12:00, please call or text Garry at 540-907-7579. Your help will be greatly appreciated.

Fund Raiser for our Chapter – Virginia Wright and Lisa Varouxis



We are researching the possibility of taking preorders for baked goods/pies from commercial bakeries and selling them at a small profit for our club, which would be picked up on **Tuesday, November 4th – Election Day**, using the lower level of the Clubhouse parking lot. If this event comes to be, we would appreciate your collective support as we look to raise funds to support the many worthwhile charities that serve our community such as LOW Fire & Rescue, Wilderness Food Pantry, and Adaptive Watersports among others.

Sunshine Report – Carolyn Durphy

As I said at the July meeting, please let me know of anyone that would like to know that we are thinking of them and wish them well. Call or email me (540-972-3306 or durphyc@gmail.com).



TOURS & TRAVEL – Pierre Payette

Myrtle Beach, SC – Join the LOW Chapter of the AARP on a 4-day, 3-night trip to Myrtle Beach, South Carolina, **December 1 through December 4, 2025**. Featuring two fabulous holiday shows,



this 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 per person for double occupancy and \$969 per person 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.

I need a few more in order to fill the trip. Cut-off date is September 15.

Adaptive Watersports – Kathy Saladino

WE NEED YOU!!

Do you have a pontoon boat you could give a ride on? (About 20 minutes long). Do you have a passion for fishing? Do you play cornhole? Can you help with registration?



August 9th from 9 a.m. to 3:30 p.m. is the **SmileS** event for special needs children from the area and their families at Lake of the Woods. All the water ski members will be helping them at the clubhouse dock ski on a specially designed ski; when not skiing there are land games for the families to participate in as well as those activities just mentioned. We need volunteers to assist with all of this; you can do it!! It is so rewarding to see the smiles on their faces when they are having fun. Please go to the LOW Adaptive Watersports site (www.adaptivewatersports.org/) on the internet and sign up to volunteer. You will get a free lunch as everything stops for lunchtime so the participants and the volunteers can get a chance to eat and mingle. You will enjoy yourself and anything you can do is most appreciated. If you want to donate to the cause, you can also do that on the same website; the families are not charged anything to participate, so donations are also gratefully accepted.

Food Pantry – Pam Derreberry



We are still really in need of canned corn! With school starting up again, canned peas and soups are a definite need. The school helps with breakfasts and lunches.

Thank you for your continued support.

Elections – Pierre Payette

Officer positions for the Chapter need to be voted on in the next few months. We desperately need candidates, as the present Officers have been in Office longer than the 2 years that they were elected for. We need some of you to step up and volunteer to run for Office. The Offices are President, Vice President, Treasurer, Recording Secretary, and 5 Directors. All offices are elected for a 1-year term, and allowed to run for another year at the end of their elected term. We need Officers in order to continue to function. Please, some of you Directors, consider running for a higher Office, and some of you others, please consider running for a Director's position. The jobs are not that difficult; it just takes a commitment on your part. The duties of each office are listed in our website.



IF YOU HAVE ANY QUESTIONS OR INTEREST, PLEASE CONTACT ME.

pierre114@verizon.net or 540-226-2871 (text).

Living with Dementia – Joan Albertella



Researchers have made giant leaps in understanding the causes of dementia and how to prevent or treat it, such as lifestyle changes that people can make to prevent dementia 40% of the time. Cognitive function tends to unfold slowly in three general stages: preclinical stage, mild cognitive impairment, dementia diagnosis.

Hallmark symptoms: memory loss, changes in behavior, decision-making, problem solving, finding the right words, and imbalance are some of the symptoms. Memory concerns are related to a disease that progressively destroys brain nerve cells – Alzheimer's disease is the most common. People develop clumps of proteins known as plaques (beta amyloid) in their brains which damage healthy brain cells.

Importance of early intervention – Biomarker tests can help healthcare teams detect disease during the earliest stage when medicines are most effective. Early diagnosis allows for the most effective treatments for someone's underlying disease.

Lifestyle Choices – helpful in promoting brain health: Stay active – doing a combination of aerobic and resistance exercises was most effective in reducing or possibly preventing dementia. Eat more plant-based foods. The MIND diet includes green leafy vegetables, whole grains, nuts and berries, olive oil, fish, lean poultry, and beans.

In addition, getting good quality sleep is critical. Maintain social connections. Get hearing and vision tests, and manage stress.

Source: Mayo Clinic Health Letter

Heat Cramps, Exhaustion, Stroke – Barbara Ehlen

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperatures rise and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of extreme heat exposure and the appropriate responses. The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below.

Heat Cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

- Symptoms: Painful muscle cramps and spasms usually in legs and abdomen. Heavy sweating.
- First Aid: Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.

Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

- Symptoms: Heavy sweating; weakness or tiredness; cool, pale, clammy skin; fast, weak pulse; muscle cramps; dizziness, nausea, or vomiting; headache; fainting.
- First Aid: Move person to a cooler environment, preferably a well air-conditioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water.

Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour

Heat Stroke

- Symptoms: Throbbing headache; confusion; slurred speech; nausea; dizziness; body temperature above 103°F; hot, red, dry or damp skin; rapid and strong pulse; fainting; loss of consciousness.
- First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.

Using a fan to blow air in someone's direction may actually make them hotter if heat index temperatures are above the 90s. For more information on all of these heat related illnesses, see the CDC site at <https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>.

August Birthdays – Pam Archer



Warm August Birthday Wishes to Anne Boyd, Judy Chess, Jane Ketch, Bob Lanier, Audrey Lawrence, James Shorten, and Emily Slunt.

Opportunities Around the Lake – Carolyn & Pam

The Paul Stefan Foundation, an organization we have supported many times at our December awarding of charity donations from our fundraising, has invited our members to The Paul Stefan Foundation 18th Annual Gala. If unable to attend, donations are gratefully accepted. The event is **Saturday, October 4, 2025 at the Fredericksburg Convention Center**. They need sponsors for their silent auction (professional tickets, event tickets, vacations, weekend get-aways, dinner for two or four, gift baskets (all completely deductible) or just monetary donations. Mail donations to The Paul Stefan Foundation, P.O. Box 754, Locust Grove, VA 22508. The event includes for the price of admission, complimentary Wine and Hors d'oeuvres hour, music, a sit-down dinner, DJ & dancing, raffle, and a silent auction. Donations, RSVP, and meal selections can be made online at paulstefanhome.org. (Submitted by Kathy Saladino)

That's My Brick!® Due to continued requests from the community, Lake of the Woods Veterans Club is planning an extension of their existing Veterans Memorial brick area. The new "Memorial Walkway Brick Project" will border the sidewalk running from the mid-level of the lower parking lot towards the Clubhouse. The new Memorial site will provide the space to recognize and honor family and friends who served in WWI, WWII, Korean War, Vietnam War, Persian Gulf War, and all subsequent declared Operations to date. For information please contact: Jan Nelson at 516-330-8925 or nelson1966@verizon.net or Michael Ferguson at 571-235-5313. (Submitted by Barbara Ehlen)

